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'EVERY MAN HIS OWN PHYSICIAN.'

THE

VEGETABLE

FAMILY PHYSICIAN:

CONTAINING

A DESCRIPTION

OF

THE ROOTS AND HERBS COMMON TO THIS COUNTRY,

WITH THEIR MEDICINAL PROPERTIES AND USES;

ALSO

DIRECTIONS

FOR THE TREATMENT OF THE DISEASES INCIDENT TO HUMAN NATURE, BY VEGETABLES ALONE;

EMBRACING

MANY VALUABLE INDIAN RECIPES.

BY SAMUEL B. EMMONS.

BOSTON:
GEORGE P. OAKES,
Pemberton Hill, opposite the head of Hanover Street.
1836.

MISSOURI BOTANICAL
GARDEN LIBRARY

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TO THE PUBLIC.

This volume, the result of many years labor and deep research, is now offered to the public for their use and benefit. The writer, having early been subject to disease, which repeatedly brought him to the very bars of the grave, was of necessity induced to examine the different methods of cure. Two years' study of the fashionable practice of medicine taught him its great inadequacy to remove the worst and most common diseases to which we are subject, and led him, subsequently, to study the botanic practice with a physician of great celebrity. Here, in one year's time, he was thoroughly satisfied of the decided superiority of the botanic over the mineral system, and is convinced that wherever a trial of the two is made, a preference will be given to the latter. This book, besides saving much money, now uselessly wasted, as in the case of the woman mentioned in Mark v. 25, will instruct the people how to *free themselves* from the 'ills that flesh is heir to,' in the safest and most expeditious manner, which is the sincere desire and belief of

THE AUTHOR.

PREFACE.

From the conviction that the public feeling upon the subject of medicine is decidedly in favor of botanical remedies, the product and growth of our own native soil, rather than the use of the most deadly foreign minerals, a few drops or grains of which have a tendency to destroy life instantaneously, particularly, if taken through mistake, as they frequently are, the author of this little book has b en induced to prepare it for the benefit of the world at large. It is written in plain language, and is adapted to the comprehension and use of all. Most medical works contain a host of Latin technical terms, which serve only to confuse and confound the reader, and modern physicians write their prescriptions in a foreign tongue, which renders it impossible for people in general to know what they take when sick; although many things are taken in such circums ances that would have been wholly rejected if known by their right names. Galen taught the use of roots and herbs to cure the sick, though the preparations might be bulky. Modern physicians have adopted the use of minerals, which by art are reduced to so small a quantity, that a doctor does not need a pair of saddle-bags larger than two coat pockets, to carry drugs enough to kill or cure all he may have occasion to visit for a considerable time. This, indeed, may all be very convenient for the doctor, but a grievous disadvantage to the sick man. The fashionable doc-

tors, in their ambition to excel in their profession, by means of art alone, entirely overlook, and neglect as beneath their notice, the rich and bounteous stores of medicine, which the Almighty has caused to spring from the earth in every clime. The American physician looks to foreign countries for many of the most common and necessary articles, while he is surrounded in his own country, with an endless profusion of medical plants, sufficient to cure almost any disease, yet he is ignorant of their virtues, and they are suffered to "waste their *healing* on the desert air.'

The congeniality, efficiency and safety of vegetable remedies over mineral, may be estimated by contrasting the ancient practice with the modern, or to bring it more immediately under our own observation, the Indian practice with that of the whites.—Who, in America, has not known or heard of repeated instances wherein some decrepit, unpretending female Indian, by means of her simple remedies alone, has effected the most rapid and astonishing cures after the whole skill of the common practice has failed? And who has not been surprised at beholding the comparative ease and facility with which the Indian frees himself from any disease, at the almost total exclusion of chronic disorders among them? Who has ever heard of an Indian with a constitution broken and ruined by ill-treatment? And can a doubt exist, that this happy exemption of the savage from most of the ills which the flesh of civilized man is heir to, is chiefly owing to the more genial and safe remedies? This astonishing difference of success, is a fair exemplification of infinite superiority of the safe and simple means of cure which God has created for the benefit of his children, over those which the *pride* and the *art* of man have invented. Yet, notwithstanding the truth of what is here stated, there are still a few over whose minds custom bears great sway. Whatever is customary is

done, whether there is any propriety in it or not.—This has been so much the case, that thousands have been found more ready and willing to die in a fashionable way, than to be cured in an unfashionable way. But this state of things is rapidly passing away, and people are finding out, day after day, that 'life is sweet,' and that to prolong it by the aid of simple roots and herbs, is better than to cut it short by poisonous drugs, and particularly, when the latter method is by far the most expensive. *Doctors, drugs* and *dying stuffs* are very costly things to tamper with.

In this little, though we trust very valuable manual, we have given, in the first part, an alphabetical arrangement of the most useful herbs common to this country, with some remarks upon their medical virtues. In the second part, we have given a list of remedies which are applicable to different diseases, in the same order. In the third part will be found many valuable and useful medical recipes, some of which have long been kept a secret from the multitude, by the selfish and designing. The principles of justice and philanthropy to our common species, should certainly operate so as to render us willing to do the greatest good to the greatest number of the human family. Every one ought to be suitably rewarded for his ingenuity and his labors; but when a person has been able to discover any great improvement, especially in that which affects the health, happiness, and lives of his fellow beings, there can be no justification in taking measures to prevent the people from having all the advantage that can be derived from its benefits. The more it is extended, the greater will be the honor, and more general the gratitude of the people; and it is better to have a good name than abundant riches.

Books, containing as much valuable matter as this, have generally been sold at very high prices. Some

no larger, nor containing half the amount of real useful matter, are now held from *five* up to *twenty* dollars. Thus, many persons, who are unable to provide themselves with a botanic treatise, and who are decidedly in favor of using botanic remedies, are deprived of the benefit and use of medicines growing at their own doors, because they do not know the real value and use of them.

Were it not for enhancing the price, and thus serving to place the work beyond the reach of many, we could have inserted much additional and useful matter, including some explanation of the Thomsonian practice, so called; but those who wish to explore the subject farther, and likewise to know something relating to the Reformed Thomsonian method of cure, can do no better than to subscribe to the 'Botanic Journal,' published once a month, in Boston, at one dollar a year, addressing a letter, post paid, enclosing the money, to S. B. Emmons, Editor.—The cost of it will never be regretted, and it can be forwarded by mail to any part of the United States.

Boston, July, 1836.

For the convenience of those who wish to purchase Roots, Herbs, Barks, Berries, or prepared medicines, a list of such as are kept for sale at the Botanic Depository has been added to this work. They are done up in a neat, compact form, and can be sent by order to any place requested. (See p. 173.)

Persons in any part of the United States can receive a copy of the 'Family Physician,' in sheets, by mail, free of postage, by remitting one dollar to the publisher, Boston, Mass.

CONTENTS.

ROOTS AND HERBS.

Agrimony,	7	Goldthread,	26
Angelica,	7	Ground Ivy,	27
Black Alder,	8	Gooseberry Bush,	27
Avens Root,	8	Hardhack,	28
Barberry, Bayberry,	9	Hyssop, Hops,	28
Black Birch,	9	Indian Hemp,	29
Beth Root,	10	Indian Turnip,	29
Bitter Sweet,	10	Indigo Weed,	30
Blood Root,	10	John's Wort,	30
Brinten Root,	11	Jacob's Ladder,	31
Black Snake Root,	12	Knot Root,	31
Bugle Herb,	13	Ladies' Slipper,	32
Burdock, Butternut,	13	Liver Wort, Lobelia,	33
Camomile, Catnip,	14	Lily—White Pond,	34
Celandine, Cayenne,	15	Mandrake and May Apple	35
Cleavers--Goosegrass,	16	Mayweed, Maidenhair,	36
Blue Cohush,	17	Milkweed, Mother-wort	37
Coltsfoot,	18	Nettle	38
Comfrey, Cranesbill,	19	Nanny Bush	38
Cancer Root, or Beech Drops,	20	Oak	38
Curled Dock,	21	Oneberry	39
Dandelion,	21	Peach, Pink	40
Devil's Bit,	22	Pipsisiway, or Prince's Pine	40
Dogwood or Boxwood,	22	Pleurisy Root	41
Elder, Elecampane,	23	Prickly Ash	42
Fever Bush,	24	Queen of the Meadow,	42
Fivefinger,	24	Red Rose Willow	43
Garden Peony,	25	Red Raspberry	43
Garget or Poke Root,	25		
Golden Seal,	26		

Roses 44
Rattlesnake Root 44
Sarsaparilla 44
Sassafras, Savine 45
Sage Herb, Scullcap 46
Scabious 47
Sciatica Cresses 48
Scrofula Plant, 49
Senecca Snakeroot 50
Senna 51
Septfoil or Turmentoil Root, Sheep Sorrel, 52
Shepherd's Purse 53
Skunk Cabbage 53
Slippery Elm, 53
Small, Rough Sunflower, 55
Snakehead, or Brook Aloes 54
Sneezewort 55
Solomon's Seal 56
Southernwood 56
Soapwort, Spikenard, 57
Strawberry, Sumac 58
Succory 59
Swamp or Tag Alder, 59
Tamarisk Tree 59
Tansy, Thoroughwort, 60
Tory Weed, Canadian Burr 61
Thyme 61
Unicorn Root 61
Valerian or White Snake Root 62
Vervain 63
Virginia Snakeroot 63
Vine Maple 64
Water Pimpernel or Brookline 64
Water Dock 65
Water Plantain 65
Water Cresses 66
White Wood Tree 66
White Ball 67
Winter Brake 67
Witch Hazle 68
Wild Parsley 68
Winter Green 69
High Wickup, Slippery Root, or None so Pretty 70
Low Wickup, Moose Wood, or Leather Bush 70
Wild Cucumber 71
Water Flag, Blue Flag, Flower de Luce 71
Wormseed 73
Wormwood 74
Yarrow 74

REMEDIES FOR PARTICULAR DISEASES.

For the Asthma, 77
For Baldness, 77
Blows and Bruises, 78
Burns, 78
Bites of Serpents, &c. 78
Cancer, 79
Canker, Coughs, 80
Corns, Costiveness, 81
Colic, Chol. Morbus, 82
Chapped Hands, 83
Chilblains, Chlorosis, 83
Cuts, Croup, 84

Dysentery, Dropsy, 85
Ear-ache, Erysipelas, 86
Felon, Flatulency, 87
Gout, 88
Gravel, 90
Heartburn, 91
Hooping Cough, Itch, 92
Inflammations, 93
Jaundice, 93
Liver Complaint, 94
Lice, Lockjaw, 94
Milk in the Breasts, 95
Night Sweats, 95
Nightmare, 95
Palpitation of Heart, 96
Polypus, Piles, 96
Pleurisy, Quinsey, 97
Rheumatism, Rupture, 98
Ringworm, St. Vitus Dance, 99
Scald Head, 100
Salt Rheum, Scrofula, 101
Sore Throats, and Sore Mouths, 102
Toothache 103
Tumors and Warts, 103
Ulcers, 104
Poisons, 105

MISCELLANEOUS RECIPES.

For the Ague, 109
Bleeding at the Nose, 109
For Dysentery, 110
Carrot Poultice, 110
Freckles, Lip Salve, 110
Eye Water for Weak Eyes, 111
Volatile Salts, 111
Coughs, Influenza, 111
Discharge of Joint Water, 112
Piles, Cough, 112
Strengthening Syrup, 112
Cleansing Syrup, 113
Cathartic Powders, 113
Restorative Bitters, 113
Catarrh Snuff, 114
Jaundice Bitters, 114
Ague Bitters, 114
Rheumatic Drops, 114
For Sore Throat, 115
For the Asthma, 115
Weak Stomach, 115
For Epileptic Fits, Cramps, Convulsions, &c. 115
For a Stone Cancer, 116
Common Cancer, 116
Sprains, Measles, 117
For a Sudden Cold, 117
Plaster for a Weak Back, 118
Strengthening Plaster, 118
Relaxing Ointment, 118
Scalds and Burns, 118
Healing Salve, 119
Plaster for Scrofula, 119
Ready Made Mustard, 119
Steer's Opodeldoc, 119
Bard's Opodeldoc, 120
Cajeput Opodeldoc, 120
Sneezing Powders, 121
Common Purgative, or Physic, 122

Substitute for Tea, 121
Acorn Coffee, 122
Hull's Bilious Physic, 123
Stoughton's Bitters, 124
Bathing Drops, 124
Tar Syrup, 124
To promote the growth of Hair, 124
To remove Tartar from the Teeth, 125
For Hysterics, 125
British Herb Tea, 125
Laxative Clyster, 125
Emetic Solution, 126
Emetic Powder, 126
Restorative Bitters, 126
Rheumatic Bitters, 127
Tooth Powder, 127
Gout Cordial, 128
Cleansing Beer, 128
Erysipelas Tea, 128
Rupture Plaster, 128
Cancer Tea, 129
Composition Powders, 129
Vegetable Elixer, or Hot Drops, 129
Remedy for Croup, 130
Bed Bug Liquid, 130
Contracted Sinews, 131
Tinct. of Capsicum, 131
To destroy Ants, 131
To make Essences, 131
To join Paper, 132
Cataplasms or Poultices, 132
Clay Poultice, 132
Gout Poultice, 133
Dry Poultice, 133
Discutient Poultice, 134
Spruce Beer 134
Ginger Beer 134, 135

MISCELLANEOUS ARTICLES.

Diseases of Children, - - - 137
Collecting and Curing Herbs, Barks and Roots, 139
Decoctions, Infusions and Syrups, - 140
Importance of the Steam or Vapor Bath, 142
Observations on the Medical Treatment of Gen. Washington, - - - - 152
Ignorant Apothecaries, - - 155
Cleanliness, - - - - 158
Pernicious effects of Mercury, - - 161
Fashionable Medical Practice, - - 167
How to get Dyspepsia, - - - 170
Fever, - - - - - 171
Catalogue of Medical Plants, and Culinary Herbs, 173

FAMILY PHYSICIAN.

DESCRIPTION OF ROOTS AND HERBS.

Agrimony.

This plant rises two or three feet in height, bearing yellow flowers, succeeded by a small burr, which sticks to the clothes. It grows in cultivated fields, by the road sides, and in the woods; blooms in July and August, and is sometimes called cockle-burr, stickworth, &c.

The root is a mild astringent tonic, and is good for bowel complaints, fevers, &c. The root and herb taken in tea for some time will generally cure the scrofula. It is also good for gravel complaints and the asthma. It may be sweetened with honey to make it palatable.

Angelica.

This plant grows from two to four feet high, having large, round, hollow stalks, with small joints at some distance from each other. It bears white flowers, the seeds resembling parsnip, ripe in August, and have an aromatic taste; it grows in rich places near streams.

The roots are excellent for wind in the stomach and bowels, it raises the spirits, strengthens the stomach, and causes an appetite. It may be taken in powder, a teaspoonful at a dose, or the seeds and roots may be steeped in water or infused in spirits.

Black Alder.

This is a very common shrub in many parts of the United States and grows in swamps and marshy places. The outside bark is black, the inner is yellow, and the berries are of a red color, remaining on the bush all winter. The bark taken in strong tea is good for all diseases of the skin, it is also a good wash for bad ulcers and sores. The berries, steeped in wine or brandy, make an excellent bitter, and may be used for worms in children. The *Tag Alder* is a tree growing ten or twenty feet high, and the tags, bark and boughs are good made into beer to cleanse the blood.

Avens Root.

This is sometimes called Chocolate Root. It is an annual plant and grows wild throughout the United States. It makes a very wholesome drink, and is used by the country people instead of chocolate, which it resembles in taste. It is very strengthening to the sick, and the continual use of it has restored many feeble and shattered constitutions. This root is the principal article in the Indian chocolate for consumption.

Barberry.

This shrub is well known by its clusters of long red berries, which are used in the country for sauce. The bark of the root made into beer is good for jaundice. It is a good bitter tonic, being a little astringent, and at the same time a little laxative. It is beneficial in fevers, diarrhoea, and dysentery.

Bayberry.

This grows plentifully in the New England States, and other parts. The fruit is covered with a substance called bayberry tallow, which is boiled and made into tallow. The bark of the root is an excellent remedy for dysentery made into a tea and drank. If made into a poultice, it is very serviceable applied to tumors and sores. The pulverized bark makes an excellent sneezing or headache snuff.

Black Birch.

A tea made of this and drank with milk, for a daily drink, is very useful to bring milk into women's breasts, and will remove female obstructions. The sap drank pretty freely is good for the gravel, and to cleanse the blood, and will also heal canker in the mouth. Made into a syrup, it will restore the strength and tone of the bowels, after dysentery.

Beth Root.

This plant rises about a foot high, has three large leaves at the top of the stem, between which rises a single bell-shaped flower, of a purple or white color, and sometimes mixed.—It has a bulbous root, resembling wild turnip, wrinkled, and full of small fibres.

Beth root is powerfully astringent and tonic, and grateful to the spirits. In whites, bloody urine, diarrhoea, dysentery, &c. it is very effectual. It may be taken in the quantity of a teaspoonful of the powder three or four times a day in yarrow tea, or it may be added to other astringents or bitters. The Indians esteem it highly for all the above purposes, and they use it likewise to cure the bite of snakes. With alum, it dyes a good red color.

Bitter Sweet.

This is a valuable plant, both for external and internal use. A tea made of it is good in the liver complaint, and removes blotches on the skin. It is good for cancers, applying the juice to the cancer, and the green leaves to the breast. The bark of the root simmered in lard makes a good ointment for sores of all kinds.—It is excellent made in a poultice and applied to swellings, and nothing is better for a cow's bag when swollen.

Blood Root.

The Indians make great use of this article. One pound of the green root is to be steeped

in a quart of spirit for a week. A tablespoonful of this tincture will generally operate as an easy emetic, but if it does not, the dose may be repeated every 15 minutes. For croup in children it operates very kindly as a vomit, taking a tea-spoonful for a dose and repeating if necessary. For rheumatism and jaundice put a quarter of a pound of Blood Root and the same of Devil's Bit in two quarts of spirits—and drink a part to a whole wine-glassful two or three times a day. The powder of the root is good to destroy proud flesh, and it will cure polypus if snuffed up the nose. It grows in woods near meadows, and has one leaf, similar to a white oak leaf, and a small white flower, blowing very early in the spring. The Indians paint themselves with this root.

Brinten Root.

This is also called Black Root and Bowman Root, or Culver's Root. Peter Smith says his father 'used to cure pleurisy with this root with amazing speed.' It was also a favorite medicine with the famous Indian Doctor Hough.—He used it to cure disorders of the stomach and bowels, to destroy humors in the blood, to remove costiveness and to cool fevers. The Wyandot Indians speak of this root in the highest terms, saying it is an excellent healing purge. In typhus or bilious fever, it removes the black, tarry, morbid matter, from the intestines, in a most natural manner, without leaving behind it the poisonous sting so often re-

maining after the use of mercury. It may be taken in doses of a heaping tea-spoonful, in half a gill of boiling water, sweetened, if most agreeable, repeated in three hours if it does not operate. It grows in wet lands, near streams, and in open glades and plains. Several stems rise from one root, round and hairy, from two to four feet high, bearing on the top a spike or tassel of white crowded flowers—leaves long, narrow, and pointed.

Black Snake Root.

This is also called Rattle Weed, Squaw Root, Black Cohash, &c. It is found all over the United States, growing in rich open woods, on hill sides, and near fields. It is an Indian remedy, and much used in rheumatism, and likewise to facilitate childbirth, whence its name, *Squaw Root.* It is excellent in bowel complaints of children, and is a good gargle for the quinsy. It settles the stomach, where people are inclined to throw up their food. The Indians cure the ague by sweating with this root. Women, in order to promote the menses, may bathe their feet in warm water, sitting ten or fifteen minutes over the steam of pennyroyal every night, and drinking half a pint of the black snakeroot tea, with a wine-glass of gin in it, at bed time. It must be done once or twice before the full or change of the moon.—Two ounces is enough to a pint of boiling water.

Bugle Herb.

Sweet Bugle is an excellent astringent, and taken in decoction it is good for bleeding at the lungs and stomach. In phthisic and coughs it is very effectual, and is good to ease pain. A small quantity of the tea is sufficient in any common case.

Burdock.

This well known plant is good to promote sweat and urine, and is very cleansing to the blood. The seeds steeped are good to expel wind. To cleanse the blood take the roots when young, wash and slice them, put them in a vessel with equal parts of molasses and water, cover the pot air tight with a crust, and bake it. This may be used freely every day.—The seeds are good for dropsy, scurvy, rheumatism, gout, inflammation of the kidneys, and venereal disease. The leaves are good applied to the feet in fevers.

Butternut.

The bark of Butternut, particularly the bark of the root, is an excellent cathartic, taken in extract, pills, or cordial. For preparing it in cordial, take a quantity of the green bark split it into slips, and beat it to a stringy paste, put it into a vessel and pack it close, then pour boiling water sufficient to cover it, then simmer it over a slow fire for over two hours. The liquor is now to be strained, with sugar or mo-

lasses enough added to it to make a syrup, and bottled, with one quarter to one half the quantity of spirits added to preserve it. This preparation is mild and efficacious for bowel complaints of children or adults, and will cure without giving enough to physic. For dysentery or worms enough should be given to operate freely on the bowels. It is a most valuable family medicine. Dose for a child from a half to two great spoonfuls, repeated at intervals of a half or whole hour, until it operates. A decoction of the inner bark is a good cathartic in the disease of horses, called *yellow water*.

Camomile.

The leaves and flowers of this plant are much employed to restore the tone of the stomach and bowels, and as a cheap and pleasant bitter. A tea of camomile flowers is often taken to excite vomiting, or to promote the operation of emetics. Externally they are used for fomentations, in cases of inflammations and acute pain. Boiled in cow's milk, it is a good application to diseased eyes, washing them often with it. The whole plant bruised and moistened with vinegar is useful applied to sprains and bruises.

Catnip.

This plant is valuable applied to swellings as a poultice. It is good taken internally for headache, colic, female obstructions, hysterics,

worms and spasms. Given by injection to children it relieves restlessness and colic. If catnip was more used than it is, the services of the doctors would be less frequently required.

Celandine.

An ointment made of the root of this well-known plant, by simmering it in lard, is good to anoint the piles. Twenty drops of the juice of the plant, mixed with an ounce of rose water, will cure the most inveterate sore eyes, wetting them night and morning. The juice rubbed on warts soon extirpates them, cures ringworms, and cleanses old ulcers. A poultice of this plant boiled in milk, will cure tetters. It is good for jaundice taken in tea alone or with a little chimney soot added. A tea of Celandine, Feverfew and Double Tansy, is used by the Indians to cure those who are bilious in the spring of the year.

Cayenne.

This is an excellent article for those who are troubled with cold feet and hands, by drinking it frequently in decoction, and soaking the feet in weak lye every other night, afterwards rubbing them with cayenne elixir. It is good for rheumatism, taking it inside, and bathing the affected part with the warm liquor. Cayenne is often employed successfully, when sprinkled upon old dead sores, and when steeped in bran-

dy or vinegar, and externally applied, it will help the colic and dysentery, and all kinds of pain and soreness. A spoonful, with the same quantity of common salt, put into a gill of vinegar, makes a good sauce, to be eaten on meat, and will assist the appetite and strengthen the digestive powers. A tea-spoonful put into a tumbler of cider, and drank in cold weather, is more warming than ardent spirits. It will cure ague in the face, by tying a small quantity in a fine cloth, and putting it between the cheek and teeth on the side that is affected, sitting by the side of a fire, and letting the saliva flow from the mouth.

Cleavers or Goosegrass.

This is an excellent remedy for suppression of urine and gravelly complaints. It crumbles the stone or gravel into a sandy substance, so that it is discharged without difficulty. In affections of the kidneys or bladder, cleavers tea is peculiarly appropriate, it also gives great relief from the scalding of the clap. Being of a cold nature, it is not proper in dropsies, or other diseases of cold and debility. It should be prepared in cold water, because steeping destroys its virtue. It should be drank quite strong, every few hours, for a week or two, in bad gravelly cases. At the same time, put large poultices of onions, or garlics, bruised and a little warmed, upon the lower part of the belly, small of the back, and over the kidneys, if the stone is in the urether. It rarely fails to give relief.

Blue Cohush.

This is also called blue berry, pappoose root, blue ginseng, &c. It grows from two to four feet high, the root is yellow inside, brown outside, hard, irregular, knobby, branched, with many fibres, stem upright, straight, smooth, dividing at top into three branches, each of which has three leaves, in the centre of which grows the flower stem, leaves smooth, lobed, something in the shape of a man's hand. The flowers are a sort of yellowish green, producing a stone berry, of a dark blue color, something like sour grapes. It is an annual plant growing all over the United States, and is generally found in low, moist, rich ground, near streams, and on islands that have been overflowed with water.

Cohush is used by the Indians, and by many botanists, for rheumatism, dropsy, colic, sore throat, cramps, hiccup, epilepsy, hysterics, inflammation of the womb, &c. Peter Smith says that the Indian women owe the facility of their parturition, to a constant use of a tea of the root for two or three weeks before their time. It is powerful to promote delivery, menstruation and dropsical discharges, and is serviceable in venereal complaints.

For rheumatic complaints, two ounces of this root, and one ounce of blood root, bruised and infused in three pints of spirit, may be used.—For the dropsy, pour two quarts of boiling water on one large root, bruised, of which take a tea-cupful a day.

There are four species of cohush besides the

one above described—the red, black, and white, all of which except the black are known by the color of their berries, but their qualities are quite similar. The *White Cohush* grows about two feet high, dividing into long branches at the top, with pointed leaves, notched in the edges. From the centre grows a stem producing white berries. It is opening and stimulating, good in colic, &c. The *Red Cohush* resembles the white, except the berries, which are red. The root is very cleansing and strengthening, and is good in female obstructions. The *Black Cohush* has a stalk from two to four feet high, producing white flowers, succeeded by shells which contain the seed. The root is very black outside, irregularly shaped, with many prongs or fibres. It is a powerful stimulant, and is good in rheumatism. Combined with yellow dock, bark of black alder, sassafras, and wild cherry bark, it is a good purifier of the blood.

Coltsfoot.

This grows on high, moist, clayey ground, producing yellow flowers, in February and March. The leaves are round, hairy, close to ground, supported on long foot stalks, veined, kidney-shaped, resembling a colt's hoof; of a purple color; the flower stem grows about eight inches high. A decoction of one pound of the dried roots and leaves, boiled to three quarts, and a half a pint drank three times a day, is good for scrofula. For a consumptive cough, a gill of this may be taken four times a day. It is a

warming stimulant, used to promote perspiration, and cannot be given amiss in colds, obstructions, whooping cough, asthmatic complaints, pain in the breast, and to promote expectoration. A snuff made of the leaves is good for the eyes and head, and the whole plant made into beer is very grateful and medicinal.

Comfrey.

This plant rises about two feet high, leaves very large, similar to water dock, and the roots are long and as thick as a man's thumb, black outside and white within, flowers of a pale blue color. It grows in moist meadows, near springs, and is sometimes raised in gardens for family use.

The roots boiled in wine or water, or made into a syrup, are good for internal injuries and soreness, erosions of the intestines from diarrhoea, dysentery, &c. It is likewise good for those who are troubled with spitting blood. It is useful in pulmonary affections, and relieves cough, by promoting expectoration. The fresh root bruised is beneficial when applied to bruises, wounds, ulcers, sore breasts, and to any local inflammation.

Cranesbill.

This plant grows along the sides of hedges in rich, moist land, and in hollows that receive the wash—the flowers are single on long stems like a crane's bill, springing from the wings of

the leaves. It has long slender stalks, from one to three feet high, with seven long narrow leaves. The root is crooked and knotty, black outside, reddish within. Our Indians value this plant highly, using it for wounds, ulcers, bloody urine, menses, and the lues venera. It is very astringent and bracing; good boiled in milk for cholera infantum, looseness of the bowels and diarrhoea, though it should not be taken too soon. It makes a good gargle for a sore mouth or throat, and is a good injection for gleets and whites. It will quickly stop bleeding at the lungs, and when pulverized and applied to wounds, relieves effusion of blood. The doses of the plant or root, are one to two ounces in infusion or decoction, two to four drachms in tincture, fifteen to forty grains of the powder. This root with gentian, will cure intermitting fevers more effectually than Peruvian bark.

Cancer Root, or Beech Drops.

This is a powerful astringent, and cancers have been effectually cured by the application of the fresh bruised root, frequently applied.—It is very beneficial in the cure of St. Anthony's fire, and canker in the throat. It may be prepared by boiling eight ounces of the herb to two quarts, and sweetened. A decoction of beech nuts is said to be a certain cure for woumds, burns, scalds, and for members nipped by frost.

Curled Dock.

This is also called *Narrow Dock, Sour Dock, Yellow Dock.* The root is perennial, spindle shaped, yellow, and a little fibrous. The leaves are long and narrow, and curled on the margin.

The root is a little purgative, and both root and seeds are good for the dysentery. The bruised or pulverized roots made into an ointment or wash is good for all diseases of the skin, using it at the same time in decoction as a drink. It is excellent for the scurvy, and bad ulcers and hard tumors have been removed by a poultice of the bruised root. A pound of the green roots may be boiled to a quart, and a table-spoonful taken three times a day. Ten grains of the powdered root is also a dose.—Larger doses would often produce vomiting.

Dandelion.

This well known plant is one of the best things that can be given for diseases of the liver and kidneys. It is also an excellent remedy in all dropsical and hypochondriacal complaints, taking a table-spoonful of the fresh juice three or four times a day. A decoction of it may be taken, but it is not so effectual as the pure juice. Its good effects may be increased by combining it with other articles of a similar nature. For cleansing and promoting the secretion of urine, a pound of the green roots of dandelion may be bruised and boiled to a quart, and the quantity of a gill drank, three times a

day, and continued till well. It may produce a singular sensation a few times at the beginning, but it is nowise dangerous, and only shows that it takes effect. Those who are troubled with a *real* liver complaint, can do no better than to give it a trial in the last mentioned form.

Devil's Bit.

This plant rises three feet high, with a small, round, green stalk, set with many long, smooth, dark green leaves; at the end of each branch stands a round head of many small blue flowers. It grows in moist meadows and pastures; root bulbous, with many small hairs or fibres, of a blackish color outside, and brown within. It has been confounded with the star root, but it is an entirely different article.

The root is a good astringent and tonic, and is efficacious in the cure of scrofula, relieving after pains in women, pain in the breast, and a gargle in putrid sore throat. For the cure of the scrofula, boil four ounces of the bruised root to two quarts, and give a tea-cupful for a dose, four times a day.

Dogwood or Boxwood.

The shrub or tree grows from ten to thirty feet high, common in swamps and moist lands, all over the United States. It is generally well known by its large white flowers, which appear early in May.

The dogwood bark is tonic, astringent, antiseptic, and stimulant. It may be given by itself in powder, or it may be steeped and drank in tea. The berries infused in spirit make a very good bitter. The flowers seem to have the same properties as the bark and berries, and are used by the Indians as well as whites, for fevers and colics. A decoction of the bark is esteemed a good medicine for the yellow water of horses, and joined with sassafras is employed to cleanse foul ulcers, applied to them in poultice.

Elder.

The roots, bark of the stalk, flowers and berries possess medical properties. The flowers are good for the scurvy, taken in strong tea, likewise in bowel complaints of children. The inner bark is beneficial in dropsy, steeped in wine or cider and drank, as often as the stomach will bear it. It produces a copious discharge of urine. The bark made into an ointment with cream, lard, or fresh butter, is a cooling application for eruptions of the skin. The berries may be used for the same purpose as the bark and flowers, gently loosening the bowels, and promoting the urine and perspiration. The flowers in decoction are very useful in erysipelatous fevers.

Elecampane.

This is a very common plant, growing about houses, along road sides, and in gardens, pro-

ducing large leaves, and large yellow flowers. The root of this is celebrated as a valuable remedy for various complaints, but particularly for diseases of the lungs, such as coughs, asthma and consumptions. It promotes urine and insensible perspiration, gently loosens the bowels, and possesses the properties of a strengthening, restorative medicine. It may be taken alone, in powder or decoction, or it may be combined with other articles and made into a syrup. A tea-spoonful of the pulverized root may be taken three times a day in molasses, together with a tea-cupful of a decoction of one pound of the dried root boiled to three quarts, taken night and morning.

Fever Bush.

The Fever Bush, or Spice Bush, grows on the sides of low moist meadows, and in wet swamps. It rises five or six feet high, bearing a blossom of a pale reddish color, berries blood red, and of a fragrant aromatic smell.

The bark, in decoction, is cooling and cordial, and is exceedingly useful in all kinds of fevers, for allaying the heat and relieving the system. It is used by the Indians in all inflammatory complaints, and is much esteemed by the country people for the same purpose.

Fivefinger.

This is a trailing vine, common in old fields, with long, slender strings like strawberries—

flowers yellow, and root small. It is very beneficial in fevers, night sweats, and it also helps a flagging appetite, taken in decoction, or boiled in milk. It has been found of considerable benefit in allaying fluxes, immoderate flow of the menses, &c. being a gentle astringent.

Garden Peony.

This plant has been introduced into our gardens from Europe. It is of considerable efficacy in the cure of epilepsy, and fits in children.—The roots must be dug in March, dried and pulverized for use. Grown persons subject to the falling sickness, may take a large spoonful of the powder four times a day, in a tea-cupful of bittersweet tea, applying the bruised roots to the soles of the feet on going to bed.

Garget or Poke Root.

It has a thick, fleshy root, as large as parsnips, from which rise many purplish stalks, from four to seven feet long, set with large oval sharp pointed leaves, on short stems. They are first of a green color, but afterwards turn reddish. It bears long bunches of bluish colored flowers, followed by round purple berries.

This root roasted and applied as a poultice to swellings, ulcers, and to rheumatism, is often of great advantage. The juice of the berries dried in the sun to a salve, has cured cancers. The juice alone, or mixed with a tea of cocash root has been recommended for rheumatism;

externally applied, it is recommended for the cure of the itch, ringworm, &c. The root should be dug in November, cut in small pieces and dried.

Golden Seal,

Grows on rich, moist land; has a stem ten or twelve inches high, generally has but one leaf, though sometimes two. The root is crooked, rough and knobby, of a bright yellow color, with many long fibres; taste very bitter. It is sometimes called *Indian paint, Yellow Root.* Found mostly in the Western States.

The Golden Seal is a powerful tonic, and highly useful in all cases of debility, and loss of appetite. It removes the heavy, disagreeable sensation often produced by indigestible food, taking a teaspoonful of it in hot water sweetened. A decotion of it is also a very valuable remedy for sore eyes, as well as for every other local inflammation, externally applied. It is considered a specific for disordered eyes, by the Indians, who use it for sore legs, and many external complaints, with great success. A half an ounce of the dried pulverized root in a quart of spirits, makes a good tincture for the jaundice. In powder, the dose is from ten to twenty grains.

Goldthread.

Goldthread is a pure, intense bitter, promoting digestion, and strengthening the system,

and is useful in all cases of debility. It is much used for canker in the mouth and throat. The roots are the only part used, and may be given in the form of powder, or tincture, in teaspoonful doses, two or three times a day. An ointment made of this and camomile, simmered in lard, is excellent for sore lips, chapped hands and chilblains.

Ground Ivy.

This plant grows about garden fences, on the sides of meadows, and runs under hedges. It has scallopped leaves, hairy, in opposite pairs; flowers in whorls, of bluish color, on short stems.

It purifies the blood, promotes expectoration, and the juice snuffed up the nose, cures the headache. It is good in consumptions, for cleansing and healing ulcers in the lungs, kidneys, and other parts, and is efficacious in jaundice and asthmatic coughs. A gill of the juice of the green leaves may be taken night and morning, in half a pint of wild cherry bark tea.

Gooseberry Bush.

The bark of gooseberry root, in decoction, is said to be good for the gravel. The green berries, scalded and baked, are good to procure an appetite. The young leaves made into a tea are good to allay inflammation, applied externally. Black currant root bark possesses the same qualities as that of the gooseberry.

Hardhack.

This plant rises about two feet high, leaves heart-shaped, on long foot-stalks, flowers yellowish, roots knotty, flat, and as hard as a stone.

The Indians call it *healall*, and they use it to cure wounds.

Hyssop.

The leaves of hyssop have an aromatic smell, and a warm, pungent taste; they prove salutary in asthmatic affections, coughs, and all disorders of the breast and lungs. The leaves are very effectual when applied in cataplasms to bruises, speedily mitigating the pain, and at the same time dispersing every spot or mark from the injured part. It is also useful as a gargle in sore throat.

Hops.

The hop is an excellent stomachic bitter, very useful in dyspepsia and other diseases of the digestive organs. It has also proved beneficial in inflammation of the kidneys and gravelly complaints. Hops are a valuable external application, for pains, especially of the spasmodic kind. For this purpose put them in a bag, dip them in hot vinegar, and apply them to the painful part. A poultice or ointment of hops has sometimes been employed as an anodyne application to cancers and painful ulcers.

Indian Hemp.

Sometimes called Wild Buckwheat. It rises three feet high, the stalk is bare for a foot, then throws out many branches; leaves heart-shaped; blossoms of a golden color, succeeded by a long pod resembling a cucumber. Grows on poor soils, mostly on hills. Both the root and plant may be used for medical purposes, either externally or internally. The part used generally, is the bark of the root, which should be dug in April and pulverized. From thirty to thirty-five grains will operate both as an emetic and cathartic. For rheumatism it may be taken in small doses in prickly ash tea.

Indian Turnip.

This is also called Dragon Root, Wake Robin, Wild Turnip, &c. This valuable plant grows in almost every part of the United States, and is known and used by most country people.

In its green state the Indian Turnip is powerfully acrid, and caustic to the tongue, though not to the skin. It burns worse than Cayenne. The fresh roots may be grated or reduced to a pulp, adding three times its weight of sugar, which may be taken in doses of a tea-cupful three times a day, for colds, coughs, asthma, &c. In this form it is also good for flatulence, cramp in the stomach, and consumptive affections. It quickens the circulation, and is a useful stimulant in cold, phlegmatic habits. A poultice of the green roots and leaves, is said

to be useful for scrofulous swellings. The fresh root simmered in lard, makes a good ointment for the scald head. It may be kept in a green state by burying it in sand in a cellar.

Indigo Weed.

Both the root and plant of this well known article are used for medical purposes, either externally or internally. It is a valuable remedy for all kinds of ulcers, particularly if in a gangrenous state. It is also beneficial in ulcerous sore throat, sore mouth, sore nipples, sore eyes, and every ulcerous affection. It may be used externally in strong decoction as a wash, or in a fomentation; also in poultice, lard or cream. It may be given internally for all putrid disorders, and for mortification. It stops gangrene, has cured scarlet fever, sore throat, and sometimes putrid and typhus fevers. An ounce of the green root may be steeped in a pint of water, and a tea-cupful be taken once in five or six hours.

John's Wort.

This plant rises two feet high, with spreading branches from the sides to the top of round, hard, upright stalks, with two small leaves, set one against the other, the flowers, which are yellow, when bruised yield a reddish juice, like blood, and produce small round heads, containing the seed, which are black, and smell like resin. The root is hard, with numerous fibres,

of a brownish color. It grows in meadows, pasture grounds, church yards, &c. and flowers the last of June.

A tea made of this herb, relieves the lungs and breast, when respiration is obstructed, especially if joined with sage. It is beneficial in promoting urine, curing ulcers, diarrhoea; removes hysterical, hypochondriacal, and maniacal disorders. For diarrhoea, or flux, put two ounces of the flowers in a quart of good brandy, and after giving a dose of rhubarb, the patient may take a wine-glassful night and morning, until well. It may be combined with bittersweet, elder, and stramonium, in an ointment, to dispel hard tumors and caked breasts.

Jacob's Ladder.

This vine grows in interval lands, and near woods and bushes. The stalk is from three to four feet high, and springs off into numerous branches, with many leaves attached, of a dark green color. It bears a bundle of black berries, hanging under the leaves in the autumn. It is said to be good for the gravel and stone, and makes an excellent ointment simmered in cream, for sore breasts, while nursing.

Knot Root.

This is also called Oxbalm, Heal-all, Stone Root, &c. The root is knotty, rough and hard, throwing out many slender fibres. Stem erect, round, straight, from eighteen to thirty inches

high, terminating in several branches at the top, which produce the flowers and seeds. Leaves few, opposite, large and thin.

It is said to be tonic, carminative, diuretic, and stimulating; and is highly prized as an external application to sores, swellings, poison, headache, &c. Taken in tea, it is beneficial in headache, colic, cramp, dropsy and indigestion. Applied in poultice, the whole plant may be used, either fresh or dry.

Ladies' Slipper.

This is likewise called Mocasin Flower, Yellow Umbil, American Valerian, Nerve Root, &c. There are three or four kinds of this article, as the white, red, and yellow, from the color of their flowers. It has five stems growing from one root, and rising from one to two feet high, bearing from three to seven leaves, and from one to three flowers. The flower is in the form of a purse or bag, open at the top, and looking something like a mocasin, and hence, by the Indians it is called, *mocasin flower.*

It is an excellent article to give tone to the nervous system, and is therefore highly useful in cases of nervous irritation, hysterical affections, spasms, fits, and all derangements of the functions of the brain, such as madness and delirium. It is effectual to procure refreshing sleep, particularly in fevers, consumptions, &c. The roots are the only part used, and ought to be gathered in the spring before the tops begin

to grow much, or in the fall after they begin to die. Dose, one tea-spoonful of the powder, in hot water, sweetened, repeated as often as necessary.

Liver Wort.

This grows in moist shady places. The leaves are somewhat like leather, and remain during the winter, the flowers are of a pale yellow or blue, of a starlike form. The roots are very fine and small. It is considered a good article for bleeding at the lungs, consumption, coughs, and for all complaints of the liver, taken in the form of tea, drank cold, or in a syrup. It is said to be effectual in the jaundice, made into a beer, and drank pretty freely; also in hypochondriac affections. It has no effect upon the lungs beyond that of a mild demulcent astringent.

Lobelia.

This is a biennial plant, growing in most parts of the United States, by the roadside, in barren fields, with a solitary blossom, of a pale blue color, flowering in August. The seeds resemble those of tobacco, and the plant is by some called *Indian Tabacco.* The whole plant is acrid and nauseous, producing salivation.—The lobelia is the most valuable and efficient emetic known; it acts as a sudorific, expectorant, and diffusible stimulant, and for the relief and cure of asthma, its equal has not yet come

to the knowledge of the world. As a stimulant it extends its effects to every part of the system, removing obstructions, and restoring a healthy action, wherever the one exists or the other is needed. Professor Rafinesque says, that the medicinal qualities of lobelia were known to the Indians; it being used by them to clear the stomach and head in their great councils.

As an antidote to poisons of all kinds, whether animal or vegetable, the lobelia stands unrivalled; particularly in the cure of hydrophobia. It is used in powder, infusion, or tincture of the leaves and pods, or the seeds. Some physicians give cayenne, or decoctions of bayberry, hemlock bark, or penny royal, as a preparatory to the lobelia emetic, though it operates very well with nothing more than some aromatic and warming herb drink, given during vomiting. Of the pulverized seeds or leaves, a tea-spoonful may be given in warm water, in two portions, the second within ten minutes after the first, whether it has operated or not. Of the tincture, from one to four tea-spoonfuls may be given. Plenty of diluting herb drink should be taken during the operation of the emetic. The saturated tincture is made by putting as much of the herb in a vessel as the spirits used will cover.

Lily—White Pond.

The root of this well known article is excellent applied to tumors and inflammations, to

ease pain and to promote suppuration. The root roasted in ashes, and applied to wounds from bruises, nails, &c., is very good to draw out substances, and allay inflammation. A poultice of this root, cohush root, and slippery elm bark, all pulverized, and mixed together with cold water, will discuss white swellings. It should be changed three times a day; giving the patient, at the same time, internal cleansing remedies.

Mandrake and May-Apple.

The Mandrake is a common plant, growing throughout the U. States, in shady and often in moist situations. It has a root about the size of the largest goosequill, jointed, with fibres issuing at each joint. The stem is from eight to sixteen inches high, dividing at the top into two branches, each branch supporting a single leaf. Flowers large, white, only one on a plant, and grows from the forks of the stem.

It is an excellent remedy for incontinence of urine, and the root prepared in syrup, makes a mild, pleasant purge. Three-fourths of a teaspoonful of the powdered root given in cold water at bed time, operates as a gentle physic the next morning. The Cherokee Indians use the fresh juice of the root for deafness, putting a few drops into the ear. The Indian Doctor Hough, recommends the powdered root as an escharotic to cleanse bad ulcers, and dispose them to heal, and to promote the exfoliation or removal of carious or rotten bones. He directs

that the powder be sprinkled on the affected part, once in two to five days. He says that it will destroy proud flesh, without injuring the sound parts. The southern Indians employ it often to kill worms, and carry them off. The best time for gathering mandrake root is in autumn, after the tops have withered.

Mayweed.

This common herb is useful in colds, fevers, rheumatism, and asthma, internally or externally applied. Internally it is used in tea, externally in fomentations. It may be given in decoction when taking an emetic, and is better than warm water to promote vomiting In small doses, taken warm, it is very sudorific, always promoting perspiration.

Maidenhair.

This plant is found in deep woods and rich soil, throughout the United States. The root is large and fibrous. The stalk grows about a foot high before it branches, having several long leaves resembling brake or fern.

Maidenhair is found useful in coughs, hoarseness, asthma, and in pleurisy and all disorders of the breast. It promotes the secretions, and helps the cure of jaundice. Liquorice may be added to the decoction, to render it more efficient. Influenza is often cured by using this syrup, which may be taken in an unlimited dose.

Milkweed.

This is the common Milkweed, bearing a large pod containing a silky substance, which has sometimes been mixed with cotton and spun into yarn, and has also been made into paper, hats, and even put into beds. It produces a fine blossom of a lilac color, at the top of the plant. The southwestern Indians are said to use the root of this for an emetic. It has of late been found effectual in the cure of dropsy. Boil eight ounces of the dry root in six quarts of rain water to three; of this a gill may be taken four times a day, increasing the dose according to its effect. For other complaints, a larger dose may be taken. The roots infused in gin, may likewise be used in dropsy and gravelly disorders.

Motherwort.

This plant has a hard, square, brownish, strong stalk, rising from two to four feet high, spreading into many branches, leaves broad and long, notched about the edge. The flowers are sharp-pointed, with rough, prickly husks or burs, of a purple color. The root sends forth long fibres, of a dark yellow color.

The herb or root relieves hysterical symptoms, procures sleep, abates delirium, and allays spasms or risings of the uterus; it is admirably adapted to the cases of those females who suffer pains from tenderness about the lower bowels and loins. It brings on the menses. As a warm cordial, it may be used in low

fevers, with nervous affections, cramps and convulsion.

Nettle.

The fresh leaves of this common plant stimulate, inflame, and raise blisters wherever applied to the skin, hence they are good for palsy, applied to the diseased side or limbs.—The juice is astringent, and is good in gravelly complaints, and spitting of blood. A decoction of it is good for those who make bloody urine, and for all beginning consumptions. It is said to be the most powerful styptic known. The seeds and flowers may be given in wine, in doses not exceeding three drachms a day.—Larger doses might induce lethargic sleep.

Nanny Bush.

This shrub grows in most parts of the country, and by some it is called *black haw*. It rises from five to eight feet high, bark very rough, and of a dark gray; leaves long, berries hang in clusters, and turn black after frost. It grows in marshes and low pastures. The bark is an excellent tonic, and is considered superior to the Peruvian bark, and may be used for all the purposes to which that is applied.

Oak.

The bark of White Oak is said to be nearly equal to the Peruvian Bark in its tonic and astringent powers. In checking mortification, it

has succeeded where Peruvian bark had failed. It was given in decoction in very large quantities, and the part affected was constantly kept wet with the same decoction. For ruptures it has been recommended to prepare and use the oak bark in the following manner :—take a few pounds of the bark and steep it in a sufficient quantity of cold water for twelve or twenty-four hours; then put bark and water into a large kettle, and boil over a slow fire two or three days, adding boiling water from time to time as necessary, so that the bark may be constantly saturated. After this long and slow boiling, the bark should be taken out, and the liquor boiled down to the consistence of tar, when it is fit for use. After a rupture has been reduced, take some of this extract, warm it so as to soften it, and bathe the part with it, and apply the truss. This operation must be repeated three or four times a day. By these means, ruptures of many years standing have been cured in a few days or weeks; though in some cases, it requires to be followed up for two or three months.

Oneberry.

This is also called Checkerberry, Partridge Berry, Winter Clover, Squaw Vine. It is found in shady woods, on almost every variety of soil. It is a small vine, growing in mats, with small round green leaves, like clover, bearing one red berry in a place. It remains green through the winter.

The squaws drink a tea of this root for two

or three weeks before delivery, and during the event, which make it so remarkably safe and easy with them. It is esteemed by some as a remedy in diarrhoea and piles. In some parts it is used for dropsy and gout.

Peach.

The flowers and leaves of the common peach tree are an excellent remedy for worms in children. A handful of the leaves and flowers, or leaves alone, may be steeped, and the decoction given repeatedly in small doses, followed by a purge, which will usually bring the vermin away. Peach meats in brandy, in proportion of four ounces to a quart, form a powerful tonic in all cases of debilities, fever and ague, and is very efficacious in curing the whites.—A table-spoonful of this preparation may be taken three or four times a day.

Pink.

The common garden pink possesses considerable medicinal power. The flowers in decoction are an excellent remedy for green stools in children. It is a fine carminative and anodyne for the bowels.

Pipsisiway, or Prince's Pine.

This plant rises from four to six inches high, with a slender stalk, set thick with straight, oval, notched leaves. Flowers from three to

six, purple and white, growing at the top of the stem. Late in the fall a species of nuts is found on the top of the stalk, of the size of a small pea, containing a husky seed. It is an evergreen. A tea of the tops and roots of this plant is a valuable internal medicine for fevers, rheumatism, diseases of the urinary organs, scrofula, cancers, dropsy and nervous debility. Externally it is used for bathing rheumatic joints, washing cancerous, scrofulous, and other bad ulcers, and hard swellings. A pound of the dried herb may be tinctured in a gallon of spirits, and a wine-glassful taken three times a day for the rheumatism. For other complaints it may be taken in tea.

Pleurisy Root.

This is also called Butterfly-weed, Flux root, Wind root, White root. It has a large, white, crooked, branching root, several erect, hairy or woolly stems, branching at the top, of a green or red color. The leaves are very hairy on the under side, of an oblong shape; flowers of a beautiful brilliant orange color, appearing in July and August. It rises about four feet high, grows mostly on poor, gravelly soil, along fences, and in old or uncultivated fields.

The pleurisy root is highly extolled for the cure of the pleurisy, difficulty of breathing, and all diseases of the lungs. In flatulency, colics, and griping pains in the stomach, it gives quick and effectual relief. It also acts as a mild purge, which makes it very applicable

to bowel complaints of children. It may be given alone in strong decoction, or in powder, a tea-spoonful at a dose, given in some warming herb tea, until relief is obtained.

Prickly Ash.

The bark of prickly ash is a good remedy for the chronic rheumatism. Taken in free doses, it produces perspiration, and gives great relief to rheumatic pains. The berries are as effectual as the bark, and infused in spirit, they are good for cold hands and feet, and for fits of the ague. An ounce of the bark may be boiled in a quart of water, and the whole be taken in the course of twenty-four hours.

Queen of the Meadow, or Meadow Sweet.

This beautiful plant rises four feet high, has smooth, reddish stalks, leaves long, spear-shaped, and opposite; flowers purple. It grows in hedges, and on the sides of meadows throughout the United States. The root of this plant is a powerful diuretic, useful in all diseases of the urinary organs, dropsy, rheumatism, gout, and female weaknesses and obstructions. It is thought by some to be a solvent of the stone, and esteemed an unfailing remedy in gravelly complaints. For dropsy, boil eight ounces of the bruised roots in four quarts of water to two, and after the necessary evacuations, commence by giving a tea-cupful every two hours, warm, increasing the dose as you can bear it,

till the water is evacuated. Then brace up with strengthening remedies. In other cases it may be taken less profusely.

Red Rose Willow.

This is about the size of a small apple tree, covered with a greenish colored bark, very red within; the flowers resemble a bunch of roses, from whence it derives its name. It grows near brooks, along the banks of meadows and rivers.

The bark of rose willow is a fine tonic and astringent. It is very beneficial in bracing up weakly women laboring under the whites, bearing down, &c. and likewise in restraining immoderate flow of the menses. For use, one pound of the bark may be boiled to three quarts, to which add three pints of Port wine, and four ounces of loaf sugar. Dose, a tea-cupful three times a day, to be continued until well. It is equally useful in gleets, when the simple decoction may be used for injection.

Red Raspberry.

The leaves of the Red Raspberry bush are a valuable astringent, and made into a tea, is one of the best things for canker and bowel complaints of children ever known. It is likewise one of the best things to moisten poultices for burns and scalds, and for washing sore nipples. A strong tea, sweetened, and a little milk put to it, is an excellent article to regulate the pains of women in travail.

Roses.

Roses are principally used for purposes of perfumery; but they are applicable to many purposes of medicine. They are astringent and tonic, and beneficial in allaying inflammations, when applied in the form of decoction, fomentation, or poultice. They are excellent also for inflammation of the eyes.

Rattlesnake Root.

This name has been applied to several different plants, in various parts of the U. States; but that which I have known by that name, and intend here to designate, has three radical leaf stems the first year, about six inches in height, with a broad three cornered leaf to each; the second year a large reddish stalk shoots up, from two to four feet high, bearing seed. The root, the first year, (when it should be gathered) is about the circumference of the little finger, bulbous and milky. I have found it in different parts of the state of New York.

Dr. Elisha Smith says this root is preferable to any thing else he has ever known for destroying all kinds of canker in the mouth and bowels, particularly in children. As much as will lie upon a sixpenny piece may be steeped to a wine-glassful of water, sweetened, and a tea-spoonful given at a time, to children, occasionally washing the mouth with it.

Sarsaparilla.

Sarsaparilla root is a good remedy for all dis-

eases of the skin, scrofulous sores, rheumatism, gout, mercurial diseases, and venereal complaint. It may be taken in decoction, one ounce of the bruised root to two quarts of water, boiled down to one, a pint to a quart to be drank in the course of the day, as the stomach will bear. Or it may be combined with sassafras, guaiacum, liquorice, and other articles of a like nature, in decoction or syrup.

Sassafras.

The bark of sassafras has a fragrant smell and a very agreeable spicy taste. The bark, leaves, and pith abound with a large quantity of mucilage, which is useful in dysentery. A very small quantity of the pith infused in a glass of water, gives to the whole a ropy consistence, like the white of an egg, and is an excellent application to sore eyes. The bark bruised, and formed into a poultice with meal, is a powerful antiseptic, applied to mortifying ulcers. Given in infusion or in decoction, it strengthens and improves the tone of the stomach and bowels, in persons whose humors are in a vitiated state. The oil applied to tumors, wens, and inflammations upon the surface, it is said, will generally cure them. In inflammation and mortification of the bowels, it would no doubt be equally as efficacious.

Savine.

The leaves of savine are applied externally, in the form of powder or infusion, to warts, ca-

rious bones, and old ulcers; and in cases of itch, gangrene, and scald head.

Sage Herb.

The leaves of sage have a peculiar aromatic smell, and a warm aromatic taste, with some degree of bitterness and astringency. In its effects, sage is stimulant, carminative, sweating, and tonic. In cold habits, it excites the appetite, and proves beneficial in debilities of the nervous system. For these purposes, the dried leaves may be made into a tea and drank. A watery infusion of the leaves with a little lemon juice added thereto, proves an useful diluting drink in febrile disorders, being quite agreeable to the palate.

Scullcap.

This plant rises about two feet high, growing on the banks of rivers, and the borders of ponds, flowering in July and August. Its stem is square and branched, leaves heart-shaped, scallopped, and opposite, flowers blue, in pairs, growing on the branches.

It is said to be a specific against the bite of a mad dog. It was long used with great success by a man of the name of Lewis, in Westchester County, N. Y. for the bite of mad dogs, who kept it a secret for many years, when it was discovered or divulged. About two ounces of the dried herb, when reduced to powder, and divided into several portions, is sufficient

to cure man or beast, if seasonably given.—Lewis gave a dose every other day, and on intervening days a portion of brimstone. This course was continued several weeks. Patients were cured with his remedy even after signs of madness began to appear; but then a larger dose was required. Dr. Beach, of New York city, says he has cured numbers of *Chorea*, or *Saint Vitus's Dance*, with an infusion of this herb. It is a good medicine, no doubt, in convulsions, lockjaw, and all cases of nervous irritations, either in decoction or infusion.

Scabious.

This is also called Fleabane, Cocash, Frostweed, &c. The stalks rise two or three feet, sometimes four or five in number, straight, with many umbels at the top. The leaves are oblong, larger at the foot of the stalk, and decreasing in size upwards. The flowers are about a half an inch in diameter, with a yellow disk, and white, bluish, or purplish rays, shaped somewhat like a daisy flower. It is found in fields, and dry meadows, sometimes covering them entirely. There are several species of them, and they are generally considered pernicious and troublesome weed on a farm.

These weeds are valuable medicines, relieving chronic diarrhoea, dysury, inflammation of the kidneys, gravel, gout, dropsy, suppressed menses, dry coughs, eruptions, hemorrhages, dimness, rash, cold hands and feet. The whole plants

are used, either fresh or dried, in infusion, decoction, or tincture. A syrup made from the plant, is good for dry hacking coughs, and for bleeding at the lungs. For gravel and dropsy, the infusion or tincture is preferable. They have increased the urine four-fold. A pint or two of the tea may be taken in a day. Three or four drachms of the tincture may be taken daily, which is made by digesting an ounce of the leaves in a pound of proof spirits. They give speedy relief in all diseases of the bladder and kidneys, attended with pain and irritation. They have cured the dysentery, by their astringent properties alone.

They are used externally in wounds, tumors and buboes, which a poultice of the fresh plant, will dissolve and disperse. But the most valuable property is the oil, which from its astringency and styptic powers has saved many lives in parturition, and uterine hemorrhages. A saturated solution of the oil in alcohol is applied, and a little given in a spoonful of water; and an instantaneous stop takes place to the bloody flow. A tea of the plant is often given to suppress flooding after child birth, and with excellent effects.

Sciatica Cresses.

This rises with a round stalk about two feet high, spreading into many branches. The flowers are white, and small, growing at the top of the branches, afterwards producing husks, with small brownish seeds, of a very strong and sharp

taste. The root is long, white, and woody. It grows by the road sides, by walls and in untilled lands.

A salve made of the fresh plant, beat up with lard, applied to the hip, when troubled with sciatica or gout, is said to cure it. It should be continued on four hours, and the place afterwards bathed with wine and oil, mixed, and then wrapped in wool or skins, after they have sweat a little. This is also said to be equally as effectual for the rheumatism.

Scrofula Plant.

There are many varieties of this plant, which are known by the names of dog tooth violet, rattlesnake violet, lamb's tongue, adder leaf, adder's tongue, snow-drop, snake leaf, &c.

The plant generally known by the above name has a solid, pyramidal, bulbous root, deep in the ground, white inside, covered outside with a brown, loose tunic, sheathing the base of the stem. The stem is partly under ground, with two leaves, appearing radical because near the ground. The whole plant is smooth and shining, stem white below, greenish purple above, slender, from five to twelve inches long. On the first year of its growth, only one leaf is produced, and it is commonly broader; the second year, two leaves, a little unequal in size, from three to seven inches long, oval, lance-like, shining, smooth, veinless, and with a single nerve, often spotted by large irregular spots, of a dull brown above, pale and unspotted below. It has a sin-

gle flower at the end of the stem, one inch long, of a yellow color, sometimes tinted with red, and is nodding. Some variety of this article is found in almost every part of the United States. They all possess the same properties, and have a striking resemblance.

The root and bulb of the leaves are emetic, emollient, suppurative, and anti-scrofulous when fresh, and nutritive when dry. The dose for a vomit, is twenty-five grains of the fresh root, or forty of the recent dried root. But its greatest value consists in its being a remedy for the scrofula. The fresh roots and leaves stewed in milk, and applied to the scrofulous sores as a poultice, healeth them very quickly; or the fresh bruised leaves may be laid on, renewing them often. The infusion is to be drank at the same time, till a cure is effected.

Seneca Snakeroot.

This plant abounds in nearly all the United States, particularly in Virginia and Pennsylvania. It was first introduced in Virginia as a specific for the cure of the bite of the rattlesnake. It is an active stimulus, and increases the force of the circulation, especially in the pulmonary vessels. It is of great utility in the *croup*, when it should be given in decoction. Half an ounce of the root of seneca, simmered in a close vessel, in half a pint of water till it is reduced to four ounces, will be sufficiently strong, in most cases. A tea-spoonful of this to be given every hour or half hour, as the urgency

of the symptoms may demand; and during these intervals, a few drops occasionally, to keep a sensible action of the medicine in the mouth and throat, until it acts as an emetic and cathartic. Seneca has been usefully employed in the decline of pleurisies, and catarrhs, to promote expectoration. In suppressed coughs of aged persons, and in asthma, it is doubtless useful. A gentle and constant stimulus on the throat should be kept up in these diseases. It has also been exhibited as a powerful remedy in cases of female obstructions. For tincture: half an ounce of the root to half a pint of spirit; digest for ten days and strain. Dose, twenty or thirty drops, two or three times a day.

Senna.

The American senna has a woody, black, fibrous, contorted, perennial root; stems numerous, smooth, upright, from three to six feet high, cylindrical and simple: leaves large and horizontal, leaf stem having a gland at the base, bearing from eight to ten leaflets which are smooth, ovate, obtuse and equal. Flowers of a bright golden yellow on short stems, each having from ten to fifteen flowers. It is found in most parts of the United States, in rich, moist, and alluvial soils, principally near streams.

All the sennas are simple cathartics; some kinds occasion gripings, and yet they are not so active as rhubarb or jalap. This kind operates with mildness and certainty at the dose of an ounce in decoction. Both the leaves and pods

are employed. The infusion is weaker. They may be used in compound laxatives and cathartics.

Septfoil or Turmentoil Root.

Turmentoil is perennial, and found wild in woods and on commons; it has long slender stalks, with usually seven long narrow leaves at a joint. The root is usually crooked and knotty, of a blackish color on the outside, and reddish within.

The root has an austere, styptic taste, accompanied with a slight kind of aromatic flavor. It is one of the most agreeable and efficacious of the vegetable astringents, and is employed with good effect in all cases where medicines of this kind are proper. It has been used in diarrhoea, in the form of decoction, and in fever in substance, in a dose from half a drachm to a drachm at a time.

Sheep Sorrel.

This herb is common and well known, growing in old pastures and cornfields, throughout the United States.

An infusion of the leaves is refrigerant, useful in all inflammatory habits, as well as in the scurvy. Sorrel leaves, wrapped up and roasted, and applied to tumors, wens, biles, inflammations, &c. bring them to a head very quick. It will be found quite serviceable in all such cases.

Shepherd's Purse.

This herb is of an astringent nature, and is good for all kind of fluxes whatever. It has been highly recommended to be used by those persons who are troubled with spitting blood, and likewise for bloody urine. It may be used freely in dysentery and bowel complaints at any period of the disorder. It eases pain by being applied to the affected part, as a fomentation and poultice. The poultice has likewise been extolled as a good remedy for all kinds of external inflammations, particularly, for erysipelas, or Saint Anthony's Fire.

Skunk Cabbage.

The root and seeds of the skunk cabbage are useful in asthma, cough, consumption, and all affections of the lungs, that need expectorant or antispasmodic medicines. The pulverized roots may be taken in half or whole tea-spoonful doses, once or twice a day. It may also be employed in syrup for the same purposes. For expelling worms, it may be administered in powder, with molasses, for a sufficient length of time, following it up with physic.

Slippery Elm.

The bark of elm, infused in water, affords an abundant mucilage, which is useful in dysentery, coughs, pleurisies, quinsies, &c. The pulverised bark may be mixed with an equal quan-

tity of sugar, with warm water enough to form it into a soft pulpy mucilage, and any quantity be taken through the day. But the most valuable purpose to which the article can be applied, is the making of poultices, for all kinds of sores, inflammations, &c.

Small, Rough Sunflower.

This is quite a showy plant, not uncommon in the woods and thickets, flowering in August and September. Stem erect, round, smooth, generally covered with a sea green powder. The leaves are narrow, rounded at the base, and tapering to a long point, and are very rough. The flowers are yellow, and few in number in the wild plant. It has an agreeable spicy odor.

The sunflower is said to be one of the most valuable medicinal plants which our country produces. It is carminative, antispasmodic, and laxative; and is the most efficacious remedy in bilious colics. that can be administered. In all diseases where carminative and antispasmodic medicines are required, this cannot be given amiss. The leaves or the root, (which is the strongest) may be taken in powder, in quantity of ten or fifteen grains every hour, if necessary, or in urgent cases, in a larger dose.

Snakehead, or Brook Aloes.

This is found in brooks and low grounds, where it forms bunches, and rises two or three feet high. The stem is smooth and four-corner-

ed. The leaves are lance-like, sharp, of a dark green color—flowers in a terminal spike, a few only expanding at once, large, white, inflated, contracted at the mouth, something like the head of a serpent.

This is considered a good remedy for worms; and is also used by some for a bitter. I have found the following recipe, contained in an eminent botanical work, to be a good medicine for worms. Take snakehead, the dried herb, one-fourth of a pound, boil in water to a pint; add aloes two ounces, assafœtida half an ounce, alum the same. Dissolve them, and then add to the whole a pint of molasses. Dose for a child two years old, a tea-spoonful every fifteen minutes till it operates as physic, when it will usually bring away a stringy slimy mass, the remains of the virmin. Or the snakehead alone, in decoction, of an ounce of the dried herb boiled to a half a pint, and sweetened, may be drank in the course of two hours, with short intervals, and then followed with a brisk cathartic, as aloes, culver's root, or mandrake. This generally proves successful.

Sneezewort.

This is likewise called oxeye, false sunflower, yellow star, &c. Its flowers are of a golden yellow, large, resembling a sunflower. It is found all over the United States, in wet meadows, damp fields, on the banks of streams, &c. Its taste is bitter, and a little pungent.

It is a tonic, febrifuge, and errhine, and for its effect in exciting sneezing, it is chiefly used

by the country people. The whole plant, and particularly the central florets, are powerful sternutatories. A very small pinch of their powder produces a long sneezing. It is much prized on this account, by those acquainted with it. It might be used to advantage in all diseases of the head, such as deafness, headache, rheumatism in the head, &c. The shocks occasioned by sneezing, are very often salutary and useful in those disorders, when other remedies produce no good effect whatever.

Solomon's Seal.

The roots of this plant are said to be a mild and very healing restorative, and useful in all cases of female weakness, as well as in consumption and general debility. It may be used in tea, syrup, or cordial. The mucilage of the roots is good in inflammations and piles, applied as a poultice.

Southernwood.

This plant is more generally known by the name of *boy's love*. It is perennial, and is chiefly cultivated in gardens. The powder of it has been given to open obstructions of the viscera, and to destroy worms. It has also been applied externally, in ointments and fomentations, for eruptions of the skin, hard swellings, &c. For worms, from one to two tea-spoonsful of the powder may be taken in molasses morning and evening. Culpepper says, that an ointment made of southernwood killeth lice in the head,

and that the inner bark of black alder boiled in vinegar, will do the same.

Soapwort.

This rises a foot in height, and has numerous flowers of a pale pink color. It grows in low moist swamps and meadows, flowers in July and August. A decoction of the root produces a sort of soapy froth, whence it takes its name. It is good for the jaundice, and obstructions of the liver, and is thought by some to be superior to sarsaparilla for the cure of lues venera. Two ounces of the dry root, and four ounces of the leaves, may be boiled down to two quarts, and strained; of this a half a pint may be taken four times a day.

Spikenard.

Spikenard root is brown, or yellowish, twisted, sometimes many feet long, about the bigness of a finger. Stems sometimes one, and sometimes more, arising from the same root, from two to three feet high, nine leaves, ovate, oblong and smooth, flowers growing in umbels, of a yellowish white. Berries similar to elder berries in size. It has a balsamic, fragrant, and warm aromatic taste. The roots and berries are the parts used, and are good for coughs, weakness, and as general tonics, used in tea or syrup. The roots bruised and used in poultice, are applied by the Indians to all kinds of wounds, ulcers, and to ringworms. The cordial of spikenard is recommended for the gout,

and the juice and essential oil for the earache and deafness.

Strawberry.

Strawberries are useful in fevers, gravel, gout, scurvy and consumption. They promote perspiration, and give relief in diseases of the bladder and kidneys, upon which they act powerfully.—Used moderately, they are a valuable medicine in many cases. It is said that they possess the property of curing chilblains, their wash being made use of for that purpose. The plant and leaves have the same properties as the fruit, excepting being a little more cooling and astringent. Both have been employed for sore throat, swelled gums, bowel complaints, jaundice, and fevers, in infusion and decoction.

Sumach.

This plant is so well known as to render a description of it unnecessary. An infusion of the berries sweetened with honey, is sometimes used as a gargle in sore throats, and for cleansing the mouth in putrid fevers. The bark of the roots is considered a great antiseptic; in form of poultices for old ulcers, it is hardly equalled by any; in decoction, it is good for hectic fever and scrofula. It is said to be effectual in the cure of the lues venera, combined with the bark of slippery elm and white pine, in decoction and taken freely. The berries and leaves are found equal to nutgalls for dying, or making ink, giving a deep and permanent black.

Succory.

The wild succory has many long leaves, lying on the ground, with torn edges, ending in a point. The whole plant is very bitter. The juice of the plant has been found to be of service in obstructions of the viscera, jaundice, cutaneous eruptions, weakness of the bowels, and hypochondriac affections. It grows plentifully about old ruins, and in barren fields, as well as in gardens.

Swamp or Tag Alder.

This is a swamp tree, growing from ten to twenty feet high, and receives its name from the tags with which it is covered during the winter season of the year.

In decoction, or in beer, it is often used by people in the country, as a detergent and purifier of the blood. An ointment made of it is good for burns, and inflammations from any cause whatever.

Tamarisk Tree.

This tree is commonly known in the country by the name of Tamarack.

The bark of this tree is valuable for its aperient and corroborant virtues in obstructions of the liver; the leaves are employed in jaundice, bleeding at the lungs, and some affections of the skin; also in piles, immoderate menses, ulcers, burns, dropsy, &c. Both should be used in decoction.

Tansy.

The leaves and seeds of tansy are used for worms, given in doses of from one scruple to a drachm. The decoction or juice drank in wine, is very useful in stranguary and other obstructions of the urine, and in weakness of the kidneys.

Thoroughwort.

This useful plant rises to three feet in height; is hairy; the leaves are long, rough, and grow to the stalk in pairs, four inches apart; the flowers are white, blossoming in July or August. It grows by road-sides, in meadows, and near brooks of water.

It is an intense bitter, possessing very active powers. In large doses, the warm decoction proves emetic, and a cold infusion acts as a powerful tonic. It is said to act with much effect upon the skin, removing obstinate cutaneous eruptions. Large doses of the cold infusion often operate as a cathartic. A strong tea of it, taken warm, till it vomits freely, is sufficient to break up almost any fever in the commencement. It cleanses the stomach, excites all the secretions, relaxes constriction, produces free perspiration, and of course throws off disease. For colds it is a complete remedy; always observing to take a draught of the cold tea, after the sweat is over, which will prevent taking additional cold or exposure. It is much used in coughs, and it is particularly useful in indigestion of old people. It is an excellent article in

bilious colic, and constipation of the bowels, taking a tea-cupful of the cold infusion every half hour, until it produces cathartic effects.

Thyme.

This has an agreeable smell, and a warm, pungent taste. It is a good tonic and stomachic. It strengthens the lungs, relieves shortness of breath, and expels wind. It is given in the form of decoction.

Tory Weed, Canadian Burr.

The herb known by this name in many parts of the country, grows from one to two feet high; top branched, leaves resembling mullen leaves, but smaller—flowers of a red or pink color, seed contained in a burr, which fastens upon clothes, or upon the hair of animals, and adheres with great pertinacity. It is found in the richest soil, and spreads with great rapidity, much to the annoyance of the farmer.

This troublesome weed may be rendered useful for many purposes of medicine. The leaves are an excellent application for allaying inflammations and extracting the soreness and virulence from irritated, galled, or bruised parts.—When the feet are excoriated by the shoes, or in travelling, no application will give such complete and immediate relief as the leaves of Tory Weed.

Unicorn Root.

This is also called Blazing Star, Star Root, Bitter Grass, Ague Root. The root is small,

black outside, brown inside, and crooked, and full of little holes. The leaves are pale, smooth, spreading on the ground like a star, where they remain evergreen throughout the winter. Stalk from one to two feet high, upright, naked, terminating in a spike or tassel of white flowers. Found in poor dry soils.

The root is the part principally used, and is highly celebrated as a tonic and strengthener of the system. It has a powerful tendency to prevent abortion, and those who are liable to accidents of this kind, ought to make frequent use of it. It cures the flatulent and hysteric colic, and is said to relieve the chronic rheumatism, either in powder, tincture, or cordial.—It affords an excellent female bitter. For ordinary use, a half a tea-spoonful of the powdered root may be taken three times a day in a gill of warm water.

Valerian, or White Snake Root.

This grows two or three feet high—leaves large and hairy, in pairs, and of a dusky green color, flowers in large tufts or bunches on the top of the branches, of a pale reddish color.—The roots consist of a number of slender fibres matted together and attached to one body, of a brown white color, having a strong unpleasant smell. It is perennial, and varies in its appearance and sensible qualities, according to the situation in which it grows. In marshy and shady places, its leaves are broader than that which grows on high lands; and the root of that found

on high dry land, is much stronger than that which grows in marshes, and is preferable for medical use.

Valerian is an excellent medicine in nervous complaints, particularly in epilepsies, hysterical and hypochondriac affections, proceeding from debility of the nervous system. The common dose in nervous complaints, is from one to two tea-spoonsful of the powdered root, taken in a tea-cupful of simple water, or mint water, twice or thrice a day.

Vervain.

This is a common plant, growing at the road sides, in unploughed fields, and in open waste lands. Stem three or four feet high, leaves opposite, rough, sharp, or tapering to a long point, flowers close, of a dark, purplish hue, appearing in July and August, roots long and small. It is an excellent sudorific, and may be used in decoction in all cases of colds, and obstructions of any kind. It should be drank daily. It will be found a good article in gravelly complaints, also to expel worms.

Virginia Snakeroot.

This is also called White Snakeroot. It has an agreeable, pungent, aromatic smell, similar to the spice bush, and a warm, bitter, pungent taste. It may be used alone, or in tea or tincture, or compounded with other articles for bitters. It is highly esteemed in typhus fevers,

pleurisy, rheumatism, remittent fevers, and all other complaints requiring diaphoretic, tonic, antiseptic, or stimulant medicines. An ounce of the warm infusion may be taken every three hours.

Vine Maple.

This is a woody vine, from three to six feet long, climbing up whatever tree or bush that stands contiguous. The leaf is deeply cut in or indented on each side, rounded toward the point, and set on long foot stalks. The root is long and slender, of a bright yellow. It grows in intervals, near swamps, streams, and lakes. It is a pleasant bitter: it strengthens the stomach and bowels, as well as the nervous system generally, and is of course useful in debilities, and relaxation from whatever cause.

Water Pimpernel or Brooklime.

This grows in small standing waters, usually near water cresses, sending forth from a creeping root, with strings at every joint, green stalks, round and sappy, with branches on them, and broad, round, deep, green, and thick leaves, set by couples, from which shoot forth long foot stalks, with small blue flowers on them.

The Brooklime may be used as a diet drink, like cresses. It is antiscorbutic, diuretic, febrifuge, and an excellent emmenagogue. The most beneficial effects are experienced from this herb, in relieving obstructed menses, and in expelling

a dead fœtus, when it should be taken in large quantities. It is good in fevers and coughs, from its relaxing qualities.

Water Dock.

This plant grows in peat marshes, wet ditches, pools, at the sides of rivers, and in shallow water. It rises five feet high, leaves nearly two feet long, flowers numerous, yellow, and hang in whorled spikes, upon slender peduncles.

This plant is of considerable efficacy when applied externally as a wash for foul ulcers, and for spongy and putrid gums. Its roots, when pulverized, have been found excellent for cleaning the teeth. They are of a bitter, astringent taste, and have often been employed for the cure of scorbutic humors, administered internally, and applied externally in ointments, cataplasms, lotions, or fomentations. Decoctions of the leaves are taken with advantage in rheumatic and chronic diseases occasioned by costiveness, or by obstructions of the viscera. The dose usually given, is a decoction of half an ounce of the fresh roots, or from one to two drachms of them in a dry state.

Water Plantain.

The leaves of the Water Plantain grow upon long footstalks, of a light green color, resembling the common plantain. Stem from one to two feet high, terminating in a spike or tassel, found in the wettest soils, or stagnant waters.

The root is considered very valuable as an astringent in dysentery, for which purpose it may be given in strong decoction, after the bowels have been cleansed by a thorough dose of physic.—The Wyandot Indians consider it a very useful external application for old sores, wounds, and bruises, whether inflamed or inclined to mortify. For this purpose, they take the roots, wash them clean, and boil till soft, then mash them into a poultice, and apply to the sore, first washing it with the water in which the roots have been boiled, repeating the application two or three times a day if the case be bad. It removes inflammation, reduces swelling, and cleanses and soon heals the most foul and inveterate ulcers.

Water Cresses.

They grow from the seed annually, in and about brooks, springing up early in the fall, and grow for the most part under water during the winter and spring. They have long jagged leaves, of a French green color, the root is white and fibrous. They possess a very acrid pungent quality. They quicken the appetite, and purge the blood and humors—they are exceedingly useful in scrofula and consumptive disorders.

White Wood Tree.

This noble tree is so well known throughout the United States, by the names of Tulip Tree, White Poplar, Whitewood, &c. that it needs no description. The bark of both body and root has

long been employed in this country as a tonic bitter. It is very useful in dysentery, hysterics, dyspepsia, worms, and general debility. It may be infused in spirits for a bitter, or it may be taken in powder, from one to two tea-spoonsful three or four times a day.

White Ball.

This is also called buttonwood shrub, little snowball, swampwood, dogwood, and globe flower.

It is a fine ornamental shrub, growing from five to fifteen feet high, very branched, bark yellow brown, spotted with red, rough on stems, leaves from two to four inches long, smooth both sides, flowers of a cream white color, forming round balls, sweet scented, fringed, and about as large as a walnut. Found mostly near streams, ponds and swamps, all over the United States.

Its properties are tonic, cathartic, diaphoretic, &c. The flowers, leaves, bark of stems and roots, are used by the southern Indians, and settlers in Louisiana. A fine fragrant syrup may be made with the flowers and leaves, which is a mild laxative and tonic. The most efficient part is the bark of the root. A decoction of it cures intermittent fevers, acting on the bowels at the same time, and is useful in relaxed bowels, or diarrhoea.

Winter Brake.

This is a kind of evergreen plant, putting forth new branches every spring, at the time the old

ones decay. About a half a dozen stalks rise yearly from one root, about a foot in length, with long leaves, which look as if deeply cut around the edges. The branches decay only to the surface of the ground, leaving sprouts from the main root, which live for many years. It generally grows in a hard, cold and wet soil, or such as produces beech, maple and hemlock timber.

It is one of the most powerful astringents. A tea-spoonful of the powder in a cupful of hot water, repeated as circumstances may require, is a safe and sure remedy for a relax. It is good to bind blood vessels, and to prevent the leaking of sinews.

Witch Hazle.

The bark and leaves of Witch Hazle are slightly bitter, and very astringent. The leaves, made into a tea are excellent for bowel complaints, bleeding at the stomach, lungs, and made into snuff, is good for bleeding at the nose, or applied to wounds to stop the effusion of blood. The Indians, it is said, consider the Witch Hazle a valuable article of medicine, applying the bark in poultice or wash to painful tumors and external inflammations. A poultice of the bark is said to be efficacious in removing painful inflammations of the eyes.

Wild Parsley.

This is a biennial plant, root thick, long, smells strong, of a sharp, biting taste. The leaves proceed immediately from the root, the stem

grows from four to six feet high; the seeds are shaped like a crescent. It grows in low meadows, flowers in July, and the seeds are ripe in September.

The seed only is used in medicine, and is a warm and powerful diuretic. It may be combined with marshmallows, in decoction, in proportion of four ounces of the seeds to two ounces of marshmallows, boiled to three quarts, and sweetened with honey, a tea-cupful for a dose. It is warming to a cold stomach, and removes obstructions of the liver and spleen.

Winter Green.

This is likewise called mountain tea, deerberry, spice berry, tea berry, ground ivy, and hill berry.

Its root is horizontal, creeping, slender, yellowish, with few fibres; stems several, upright, few inches high, slender; leaves from three to five, scattered; flowers few, white, or flesh colored, on drooping stems; the fruit has the appearance of a round, scarlet, perforated berry, of the size of a pea. Found on hills and mountains, in shady woods, through the United States. The whole plant has a sweet and aromatic taste.

Wintergreen is stimulant, anodyne, astringent, sudorific, milky and cordial. It is generay used as a tea, though the essence and oil are kept by apothecaries. The tea is used in asthma as a palliative, to restore strength, promote menstruation, also in cases of debility, in the second stage of diarrhoea, and to promote the

secretion of milk in the breasts. It makes a very agreeable and refreshing beverage. The oil relieves the toothache, or allays the pain of carious teeth. The Indians make great use of this plant as a stimulant, restorative, and as a cordial. It is not proper in fever. The oil is used to disguise other medicines.

High Wickup, Slippery Root, or None so Pretty.

It has a stalk four or five feet high, with long slim leaves all the way up; at the top grow short branches, bearing pale red flowers, which are succeeded by long pods; the roots run two or three feet under the surface of the ground, and have a woody pith. It usually grows where there is spruce and hemlock timber; sometimes among beech and maple.

The rind of the root is a mucilage: a teaspoonful of the powder, mixed with a gill of warm water, produces a thick jelly, which is useful in the dysentery. It is also a useful application for ruptures. The rind, bruised and steeped in milk, makes a good poultice to relieve inflammation of the eyes or other parts of the body.

Low Wickup, Moose Wood, or Leather Bush.

This shrub grows about three feet high, with long branches, set with leaves. The bark is very tough, often used for strings; the wood is soft, and so flexible, that it may be bent into al-

most any form without breaking. It usually grows in forests of beach, maple and basswood.

It is a powerful emetic and cathartic. A table-spoonful of the extracted juice, cleanses the stomach, and intestines effectually.

Wild Cucumber.

This shoots up a small round stalk, a foot and a half high, having several small pointed leaves, set opposite in a whirl near the top, succeeded by small blue berries. It has a small, tender, white root, with several long fibres.

It possesses a strengthening, cooling, and nourishing quality. The fresh root, eaten early in the morning, affords much relief in consumptive and debilitated cases. Half a dozen or more of the roots may be taken several times a day, upon an empty stomach. Its taste resembles the taste of a mild turnip.

Water Flag, Blue Flag, Flower de Luce—the Root.

This plant is perennial, and grows in great abundance in most parts of the United States, by the brinks of rivers, in bogs, and low grounds. It blossoms in July; flowers blue, variegated with white, yellow and purple; its leaves are sword shaped. The roots grow in mats, and have an acrid taste.

Dr. Elisha Smith, formerly President of the Society of Botanic Physicians in New York, in speaking of this plant, says: Its root possesses

great medicinal power; and from a long experience of its use, I am convinced that it is equally as efficacious as mercury in all the diseases in which, in the common practice, it is supposed mercury is indicated. It is a complete substitute for that mineral, for any of its purposes; and being a vegetable, I consider it far preferable, because, after having its operation and effect, it passes off and leaves the system free; whereas mercury fastens upon the bones and solids, and remains, like a corroding and eating canker, rendering vast numbers feeble and debilitated for life.

Such is the difference between those two articles of medicine; and it would be a happy event for mankind if physicians would, at once, divest themselves of their blind prejudices in favor of a mineral, and consent, at least, to make a trial of the vegetable substitute. Their humanity should be a sufficient inducement for this.

The plea that the vegetable kingdom contains no equivalent to mercury, is no longer tenable; then why should not physicians discard the use of it at once, when it is universally acknowledged and felt, that in the aggregate it has proved a curse, a destroyer to the human race? The disuse of it, it is true, would lessen the employment of the medical profession; but the satisfaction they must feel at the proportionate decrease of suffering among their fellow beings, will, no doubt, richly compensate them for the pecuniary sacrifice.

This root loses its virtue by age and exposure.

It contains a large quantity of oil, in which, probably, its medicinal power is contained. My method of preparing it is, immediately after it is dug and cleaned, to either bruise it and infuse it in spirits, for a tincture, or, after carefully cleaning it, and cutting out the dead and inert matter, to dry it quickly before a fire, pulverize it and bottle it tight for use. The tincture may be given alone, or combined with other articles, when employed as an alterative.

For a cathartic, I generally make use of the powder, in the average dose of twenty grains, repeating if necessary. The operation is powerful, certain and quick, sometimes taking effect in half an hour; and I have often seen it move the bowels when jalap, gamboge, and other strong purgatives had no effect.

This root in the hands of a physician of skill and judgment, can be employed to effect many valuable purposes; but it is not to be used incautiously, or trifled with.

Wormseed.

This herb has a stalk with long branches, set full of small green seeds, and jagged leaves, of a strong and unpleasant scent. It grows spontaneously in waste places, in the middle and southern states. It is sometimes cultivated in fields and gardens.

The oil extracted from the seeds of this plant, is good to destroy worms. It is usually given in doses of six or eight drops, on sugar, or any other palatable substance. The expressed juice

of the whole plant is sometimes given in a dose of a table-spoonful to a child two or three years old. More frequently, the powdered seeds are employed, mixed with molasses or syrup.

Wormwood.

The common wormwood is a perennial shrub, growing wild by the road sides, and is cultivated in gardens. The smell of the leaves is disagreeable, and their taste is intensely bitter. It is used in stomach complaints, and is of great service to hypochondriacs. It is also used in fevers, dropsical affections, in jaundice, and against worms.

The essential oil is used both externally and internally, for destroying worms. The herb being a great antiseptic, it is often used in fomentations to resist putrefaction; and if the plant be macerated in boiling water, and repeatedly applied to a bruise, by the way of cataplasm, or poultice, it will not only speedily remove the pain, but also prevent the discoloration of the part.

Yarrow.

Common Yarrow is a frequent inhabitant of dry pastures and fields, stem erect, furrowed, hairy, branched at the top, leaves alternate, cut into many linear subdivisions, flowers white, forming a large, flat-topped, crowded bunch.—It has a strong penetrating smell, and possesses considerable medicinal virtue, as a detergent, to purify the blood, open the pores, remove ob-

structions, &c. It is said that a table-spoonful of the juice taken twice a day, and the herb bruised and applied over a cancer, after washing it with the juice, has cured a cancer of the breast. It stops spitting of blood, and cures the bleeding piles and dysentery. It may be used in decoction, sweetened with honey, and taken freely. By applying the pounded green leaves over a bruise and drinking the infusion, it dissipates it in a few days.

REMEDIES

FOR

PARTICULAR DISEASES.

For the Asthma.

Take half a pound of quick lime, slack it by turning on two quarts of hot water, and while it is slacking and boiling, stir in two spoonsful of tar, and stir them well together, and let it stand and settle. Take half a pound of wild turnip, half a pound of milkweed roots, fresh, and a small handful of lobelia; bruise them and infuse in two quarts of wine, place the whole in a warm place for twenty-four hours, then press and strain, and add to it the lime water, and bottle it for use.—Dose, a wine-glassful three times a day. This is an excellent remedy for the above complaints, and for coughs, consumptions, hysterics, cramps, spasms, &c.

For Baldness.

Fill a bottle with the pulverised herb of lobelia, then pour in as much as it will contain of

equal parts of brandy or rum and sweet oil. It will be fit for use in a few days. Bathe the head once a day with this liquid, and it will prevent the loss of hair; it is also said to have restored it when lost.

Blows and Bruises.

An ointment made of wintergreen, boiled in lard, and some turpentine added to it, is excellent for blows and bruises, or the part may be bathed in vinegar and water and a poultice made of elder flowers, camomile flowers, and crumbs of bread, boiled in equal parts of vinegar and water, and applied, to be renewed twice a day. Wormwoood macerated in boiling water, and repeatedly applied to a bruise as a poultice, will speedily remove pain, prevent swelling, discoloration, &c.

Burns.

Make a poultice of Indian meal, cover it over with young hyson tea, softened with hot water, and lay it on as hot as can be borne. One poultice is generally sufficient to perform a cure.—The fresh leaves of apple peru simmered in lard, is also a good application.

Bites of Serpents, Reptiles and Insects.

For the bite of a snake, take the herbs plantain and hoarhound, roots and branches together, a sufficient quantity, bruise them in a mor-

tar, and squeeze out the juice, of which give, as soon as possible, one large spoonful. This generally will cure; but if relief is not obtained, say in an hour, give another spoonful, which rarely fails. If the roots are dried, they must be moistened with a little water. The pleurisy root, in strong decoction, given in large and repeated doses, till it vomits, has often cured the bite of a rattlesnake. The Indians, when bitten, after sucking the wound, apply a strip of white ash bark above it, to prevent the extension of the poison. The bites of spiders, and such venomous insects, require a similar treatment. In stings from wasps, hornets, bees, &c., the parts may be bathed with salt and vinger, or sal ammoniac and vinegar, or honey may be applied.

Cancer.

Use a strong potash, made of the ashes of red oak bark, boiled down to the consistence of molasses, cover the cancer with it, and in about an hour afterwards, cover it with a plaster of tar, which must be removed after a few days, and if any protuberances appear or remain in the wound, apply more potash to them, and the plaster of tar again, until they disappear, after which, heal the sore with any common salve.—Where cautery and the knife have been used in vain, this treatment has effected a speedy cure. Another remedy is to take the narrow curled dock, wash it clean, boil it in soft water, wash the ulcer with this decoction as warm as it can be borne, and fill the cavity with the liquor for

ten minutes. Then scrape off the pulp of the root, bruise it fine, spread it on gauze, and lay it on so as to bring it in contact with every part of the ulcer; then spread a fine cloth dipped in the liquor over it, and repeat this process two or three times in twenty-four hours. At each dressing the patient should drink a wine-glassful of a tea of the same root, with one-third of a glass of port wine, sweetened with honey, to prevent laxness.

Canker.

This is an acrid humor, excoriating the most tender parts, particularly the mouth. A frequent application of the decoction of cranesbill, wild lettuce, white lily or gold thread, affords immediate relief.

Coughs.

When a cough comes from a cold, a table-spoonful of Indian turnip, pulverised, and mixed in a half a tea cup of honey, and a tea-spoonfull taken four or five times a day, will generally cure in four or five days. Or, the green Indian turnip, one part, green comfrey root, three parts, both bruised very fine into a jelly, and mixed, to which a proper quantity of sugar or honey may be added and taken. This will very rarely fail. Two ounces of garlic infused in a bottle of Madeira wine, and a glassful taken night and morning, is a good remedy. Or, take any quantity of onions, and roast them in the fire, press the juice all out, and sweeten with

honey, molasses or sugar. If prepared in great quantity, a little spirit must be added to preserve it. This is an excellent remedy. Dose, from one tea-spoonful to a table-spoonful, according to the age.

Corns.

One of the best remedies for corns is to dissolve a little of the caustic potash in water, and wet the corn with it every night. Or, bathe the feet frequently in warm water with a little salt and potash dissolved in it, and apply a plaster made of two ounces of gum ammonia, and two ounces of yellow wax, and two drachms of verdigris. Spread on thin soft leather, cut away as much of the corn as possible before applying the plaster, which must be renewed once a fortnight till cured.

Costiveness.

Golden Seal Root, infused in wine or brandy, and drank as bitters, is a most excellent medicine in this complaint. It is very strengthening to the stomach, and laxative without being weakening. Common charcoal has been highly recommended in constipation of the bowels. It may be taken in tea or table-spoonful, or even larger doses, according to the exigency of the case, mixed with molasses, and repeated as often as may appear necessary. Wheat bran, stirred in a bowl of coffee, tea, or milk, is a certain remedy, taking two or three handsful once

or twice a day. It neutralizes acidity in the stomach, and mechanically on the whole intestinal canal, keeping it clean and enabling it to perform its proper functions. It mixes with the food and prevents bread made of superfine flour, or any other kind of food, from constipating the bowels, preserving the body in health and vigor.

Colic.

Give the pleurisy root in powder every fifteen minutes, a tea-spoonful at a dose. Or, take two parts each of pleurisy root, and angelica root, and one part of sweet flag, and infuse in brandy for a bitter.

The common pains of colic, arising from disorders of the stomach, may almost invariably be removed, by turning down half a pint of boiling water, as hot and as fast as it can be taken. The crawley or fever root, cannot be given amiss in any species of colic. Alone, or taken with pleurisy root, it is superior to any thing else in common use. If it be necessary, the pit of the stomach may be fomented with hops or oats fried in vinegar. Friction on the bowels should also be freely used.

Cholera Morbus.

At the beginning of the disease, give plentifully of thin broths, camomile tea, warm water, thin water gruel, linseed tea, or any diluting liquor, to facilitate the vomiting, until the offending cause is expelled, and clysters of the

same may be given every hour. After these evacuations have been continued some time, a decoction of toasted bread may be given, to stop vomiting. Or, take lemon juice, loaf sugar, and a little brandy, pour hot water to it and drink it down after puking. As the stomach and intestines are much weakened, after an attack of this disease, an infusion of some tonic bitters in wine, may be taken some time.

Chapped Hands.

Wash your hands with castile soap, rubbing it in with a flannel, using water a little warm; then rinse them in clean water, and while they are wet, rub them with about a half a tea-spoonful of honey, and dry them with a clean, coarse towel. This should be done twice a day and always before going to bed.

Chilblains.

Bathe the feet with a strong solution of alum, or a mixture of equal parts of oil of turpentine and balsam copaiva. Or, dip a piece of white chalk in vinegar, and frequently rub the chilblains with it. Or, bind on thin white skin which comes from suet.

Chlorosis or Green Sickness.

This complaint requires relief immediately, otherwise dropsy, delirium, or consumption might follow. After taking a gentle emetic and ca-

thartic, let the patient take a teaspoonful of the powder of red cohush, in a gill of hot water, once in thirty minutes, or a half a tea-spoonful of white birth root powders, in a gill of warm water, every hour. Also, a tea of angelica seeds or roots, green wheat, cedar boughs, hemlock boughs, pennyroyal, mugwort, or winter clover. Before retiring to bed at night, the patient should stand or sit over a steam of hemlock boughs, or some bitter herbs; and have draughts applied to the feet. The general health should be improved by a strengthening diet, and exercise in the open air.

Cuts.

The part which is cut should, if practicable, be immediately immersed in cold water, where it should remain for half an hour. The edges of the wound should be brought together and kept closed by a few stitches, or by a sticking plaster, made of turpentine and rosin, keeping on lint or soft linen cloths, constantly wet with cold water, or dressed with some simple salve twice a day, and kept clean by washing with castile soap every time it is dressed. If there be much pain excited by the pressure of blood to the wound, the part should be elevated above the other parts of the body, which will relieve the pressure.

Croup.

When a child is seized with the croup, his feet should immediately be put into water, and

afterwards poultices of garlics or onions applied to the soles. To break up the phlegm, give a blood root emetic, repeating as often as necessary. Rattlesnake's oil, four or five drops given on sugar, has saved life when the breath was almost totally stopped. It cuts up the phlegm, and frees the passage almost instantaneously. Vinegar and horseradish may be given with advantage. In the first of the attack, great relief may be obtained by keeping cloths that have been wrung from hot water applied to the neck, as warm as can be borne, afterwards keeping on a dry flannel, to prevent taking cold in the part.

Dysentery.

Make a strong tea of crows-foot or mouse-ear, add a half a pint of brandy to a quart of the tea, and molasses sufficient to make a syrup. Drink it freely as often as the pains or gripings come on. Taken early it seldom fails of curing the disorder. A tea of witch-hazel bark, with boiled milk, and loaf sugar, drank freely, is an excellent remedy.

For the Dropsy.

The following medicine has saved many lives: Take one pint of bruised mustard seed, two handsful of bruised horse radish roots, eight ounces of lignum vitæ chips, and four ounces of bruised Indian hemp root: put all the ingredients into seven quarts of sound cider, and let it

simmer over hot ashes, until it is reduced to four quarts: strain the decoction, and let the patient take a wine-glassful four times a day, for a few days, increasing the dose to a tea-cupful, three or four times a day, according to its effects; after which the patient must use some tonic or strengthening medicine. This prescription has cured a case of the dropsy, in a week's time, which had baffled the skill of the most eminent physicians.

Ear-ache—Insects in the Ear.

An ointment made by slicing up onions, and frying them in lard, and then strained, is an excellent remedy in all cases of ear-ache. A little of it must be dropped into the ear, and the ear filled with cotton lint, or wool. On going to bed a hot stone wrapped in cloth, should be placed near the ear, and the head covered so as to steam the ear and side of the head. It sometimes happens that insects get into the ear; in such cases they may be destroyed by pouring in a little of the tincture of myrrh, or spirits of camphor, or any kind of spirits or harmless fluid, and afterwards syringing the ear with warm water, to bring them away.

Erysipelas.

Take Virginia snake-root, masterwort root, burdock root, white-wood bark, and ginseng root—infused in brandy. Dose, a wine-glassful three times a day. Elder flowers, in decoction.

form a very good laxative in this disorder. A wash of golden seal, or a poultice of slippery elm may be applied to the inflamed part.

Felon or Whitlow.

Take a lump of rock salt, the size of a walnut, roast it in a cabbage leaf, in hot embers for twenty minutes—then powder it, and mix it with hard soap for a salve. A little turpentine may be added. Put the finger in weak ley for a few minutes every hour in the day. The salve must be renewed as often as it gets dry or hard. If it comes to a sore, let the matter out, and afterwards dress it as you would any sore. The above plaster, if applied in season, will in three or four applications, prevent the formation of matter. A certain cure, is to take an ounce of wild indigo root, and a quarter of an ounce of blue flag root, boil them in urine, or in ley, and hold the finger in hot liquor, and afterwards poultice with it, thickened with rye meal.

Flatulency, or Wind Colic.

Take two parts of angelica and pleurisy root, and one part of sweet flag, and infuse in brandy for a bitter. The crawley, or fever root, cannot be given amiss in any species of colic. Alone, or taken in a tea of pleurisy root, it is superior to any thing else in common use. If necessary, foment the pit of the stomach with hops or oats fried in vinegar. Use friction freely on the bowels.

Gout.

In a fit of the gout, the best means of discharging the gouty matter is by perspiration.—The foot or affected part, should be bathed with some warming and opening wash or liniment, gently at first, and afterwards rubbing the part a little harder, continuing the friction for the space of half an hour, by which time the patient will bear it very well, and feel greatly relieved of pain. He should then get into bed, and the spirit vapor bath applied or conveyed to the gouty part, by tubes, as warm as the patient can bear it, and kept up for an hour or more. This will create a profuse perspiration from the swollen part, which by throwing out the gouty particles, gives astonishing relief. While the above is in operation, let the patient take internally diaphoretics, carminatives, and anodynes, as the composition powders, &c. strong cordials and spirits, as the cayenne cordial, and the like, saffron, snakeroot, and other stimulants, to guard the stomach.

After the fit is over, the patient should take a gentle dose of rhubarb, or some warm stomachic purge. He should also drink some kind of stomachic bitters, as golden seal, Virginia snake root, with cinnamon, sweet flag, &c. The diet should be light and nourishing, and gentle exercise ought to be taken on horseback or in a carriage. Evacuations by stool ought to be used with extreme caution, as they often weaken the patient and prolong the fit, without removing the cause. The body should be kept open only by diet, or mild laxative medicines.

When the gout attacks the head or lungs, every method must be resorted to in order to fix it in the feet. They must be frequently bathed in warm water, and hot, acrid poultices applied to the soles, as horseradish, mustard, pokeroot, etc. Warm stomachic purges may likewise be used. But the most effectual means to draw the gouty matter from the body into the feet, is the *spirit vapor bath*, applied to the feet and legs only, covering up the rest of the body, so as to prevent the vapor from having any access to it.

If it attacks the stomach, with a sense of cold, the most warming cordials are necessary, as strong wine boiled with spices, saffron, cayenne, etc. and even brandy or other spirits in large quantities, peppermint, etc. If there is an inclination to vomit, it should be promoted by warm camomile tea, or the like.

When the gout attacks the kidneys, the patient should drink freely of a decoction of marshmallows, or some such articles, and have the parts bathed or fomented with warm water, hops, etc. The means for drawing the gout into the feet, should also be used.

Directions for using the vapor bath recommended. Take a cup of New England rum, or high wines, place it under the door of the box after setting fire to it, and let it remain there as long as the patient can bear it, or until he sweats freely, then wash the whole body with spirit. To persons wholly unacquainted with this method of steaming the following particulars may be necessary. If the patient can as

well, let him lay in bed, and put over him a frame extending from head to foot, about two feet high, (leaving out the head) with a foot board perforated with a hole to admit the pipe, then cover the frame over with the bed clothes. Place your cup or vessel containing the rum on the floor, and have your pipe fastened thereto with a wide circular reflector like a tunnel, attached to convey the steam into the pipe; set the liquid on fire, and let it burn as long as the patient can bear; the frame may then be removed, and the patient left covered up as long as he continues to sweat; then bathe him off with spirits, and put on dry clothes. An emetic or two, or injection, given in bad cases of gout, in conjunction with the bath, will work wonders. This mode of applying *alcoholic vapor* was first used in the United States, by Dr. Jennings, of Baltimore, and has been practised since by many others.

Gravel or Stone.

As a solvent of the stone, the juice or decoction of garden radishes, has performed wonders. At the same time it should be used as an injection as follows: Wash out the bladder by injecting warm water into it, and then discharging it, when the radish juice or tea, about blood warm, should be put in, and retained about half an hour, or longer. When the stone is dissolved, the patient will experience a cessation of pain, after which to carry off the sediment from the bladder, he may drink plentifully for a few days of a tea

of the common garden parsley, which operates powerfully as a diuretic. Another remedy is, to take a double handful of water-melon seeds, throw them into about a pint of gin, let them stand for a week or so, in a warm place, frequently shaking them together. When thus prepared, take a half a wine-glassful two or three times a day, or as the patient may require any thing to drink at table or otherwise. The juice of horsemint, and the juice of red onions, are said to be almost a specific in this disorder. A very eminent botanic physician recommends to take a large handful of arsesmart, make a decoction, and add one gill of gin, and take the whole in twelve hours. This, he affirms, has discharged a table-spoonful of gravel stones at a time. It is certainly worth a trial at any rate.

Heartburn.

If wind be the cause, carminative medicines, as pleurisy root, angelica, peppermint, &c., may be used. When the disease is spasmodic, nervines, as valerian, ladies' slipper, camphor and ginger, are useful. When troubled with hot fumes, and vomiting after meals, three parts of salæratus, and one of rhubarb, finely pulverized, and a tea-spoonful taken daily, dissolved in a tumbler of cold water, sipped up in the course of the day, is pretty certain to give relief. It may be tinctured with peppermint, or winter-green. Chewing chestnut twigs, and swallowing the juice, and sometimes chewing green tea will give relief. The white of an egg, mixed

with a little sugar and water, has been known to give relief.

Hooping Cough.

Take a few garlics, bruise them, and steep them in old rum, and rub the child's back, soles of the feet, and palms of the hands, night and morning. If the child is in danger of being suffocated by the cough, warm loosening emetics should be given, as the lobelia, or blood root. Five or six drops of the rattle-snake's oil on sugar, may be given, to loosen the phlegm. Emetics not only cleanse the stomach, and remove the phlegm, but they likewise promote perspiration and the other secretions. They should not however, be strong; gentle vomits, often repeated, are both less dangerous, and more beneficial than strong ones. After vomiting, the bowels should be kept generally open, with a litle rhubarb, senna, or some simple physic.

Itch, Scabs, &c.

The leaves or root of dock, boiled in vinegar, is very effectual. The inner bark of the black alder, boiled in vinegar, cures itch, scabs, &c., by drying them up in a short time. Juice of celandine drank, and applied to tetters, scabs, ringworms, and itch, quickly cures them. Chickweed and mallows, boiled and applied as a poultice, cools the inflammation, and eases pain. The root of elecampane helps all sorts of sores, cankers, &c., using the decoction. The yel-

low water flag, or flower de luce does the same. Henbane is likewise good. The green leaves of violets are good to make a wash or poultice, for inflammations.

Inflammations and Swellings.

Marigold leaves, mixed with vinegar, eases pain, in any swelling, by bathing with it. Young cabbage leaves bound round a part inflamed is very good. A poultice of wheat or rye bran and vinegar very soon takes down the inflammation caused by a sprain. A soft poultice of stewed white beans, put on in a thin muslin bag, and renewed every hour or two, is very good.

Jaundice.

Drink plentifully of a decoction of celandine, feverfew and double tansy. Or infuse half a pound of blood-root in five pints of old rum, and take a wine-glassful three times a day upon an empty stomach, increasing the dose. Or take one gallon of cider, one dozen of eggs, half a pint of hard soot, one double handful of prickly ash bark. Boil. Add half a pint of molasses, four pounds of sugar, and four spoonfuls of ginger. Dose, half a gill three times a day. The juice or decoction of dandelions, or hog's or beef's gall, in pills or bitters, are very good remedies. A glass of the juice of five-fingered grass in a gill of milk, taken every morning before eating, for a week, proves very efficacious.

Liver Complaint.

The dandelion is an excellent article for the real affection of the liver. Take a pound of the green roots, bruise them, and boil them to a quart; the patient may drink a gill three times a day, and continue it until well. The first doses may create strange sensations, but those are not dangerous, and merely show that it takes effect. The blue flag root may be combined with dandelion very profitably, for an alterative to the system. When there is an inclination to sweat, it should be promoted, by drinking plenty of diluting liquor, about blood warm. If the stools be loose, or streaked with blood, no means should be use to stop them, unless they weaken the patient. Loose stools often prove salutary, and carry off the disease.

Lice in the Head.

An ointment made of southernwood killeth lice in the head. The inner bark of black alder, boiled in vinegar is also very effectual. But perhaps as good a method as any to keep the heads of children free from this vermin, is to comb the head often, and wash it once or twice a week with New England Rum. Lice cannot live where this course is pursued.

Lockjaw.

Take one ounce of the seed of lobelia, pounded fine, two ounces of cayenne. four ounces of

the Thomsonian hot drops. Take a tea-spoonful of this, put between the teeth so as to touch the root of the tongue. In twenty or thirty minutes give as much more. In thirty minutes after, give a tea-spoonful of the Thomsonian Composition Powders in a cup of pennyroyal tea, sweetened. It generally relaxes the spasms immediately, and sometimes causes vomiting.

Milk in the Breasts.

The leaves of black alder chopped in pieces and heated over the fire, disperses milk in the breasts. If the nipples are sore from nursing, a balsam of fir, frequently applied, will effect a cure in a few days. A liniment prepared by simmering the bark of indigo weed in lard or fresh butter, has been recommended for the same purpose.

Night Sweats.

The root of cinquefoil, or five-finger grass has been found by experience to be very beneficial in debility, lassitude, and night sweats, which it seldom fails to check. Cold sage tea is a good drink for the same purpose.

The Nightmare.

The following simple method of preventing the nightmare has been recommended by an old man, who says it has relieved him entirely for several years: Stick a needle, or some sharp

pointed instrument in the night shirt, so that the point of it will touch the skin upon the breast, thereby keeping up a sense of feeling in the part, and when this is effected, the nightmare is prevented.

The Palpitation of the Heart.

Take motherwort, castor, and skunk cabbage root, one fourth of an ounce each, infuse in one pint of spirits. Dose, a tea-spoonful, or more, three or four times a day. Or, tincture of stramonium—ten to fifteen drops, three times a day. Assafœtida pills, one or two a day, may be used with advantage.

Polypus.

The powder of blood root, a pinch taken several times in the course of the day, will soon shrivel up the polypus in the nostrils. The seeds or leaves of nettles bruised and snuffed by the nose, is said to be a good remedy.

Piles—how cured.

A salve made of henbane, in fresh butter or lard, and rubbed on the affected part, will generally afford speedy relief. Pumpkin seed oil is a valuable remedy, as well as an ointment of bittersweet, bark of the root. The bowels should be kept open, and healing clysters should be used, particularly mullein tea, sweetened with molasses. Injections of the bobs of sumac are second to none. A good internal remedy is to take

sulphur and elecampane, each one ounce, fennel seeds, half an ounce, black pepper, two drachms, and balsam of copaiva, with honey enough to form an electuary. Dose, the size of a walnut, twice or thrice a day.

Pleurisy.

The Seneca rattlesnake root, in decoction, is by some considered almost a specific in this disorder. It may be prepared in proportion of an ounce boiled to a pint, and after proper evacuations, the patient may take two, three or four table-spoonsful, according as the stomach will bear it, three or four times a day. If it should vomit, a little peppermint or cinnamon may be added. A tea-spoonful of the pulverized pleurisy root, or a gill of the decoction or infusion, taken several times in the course of the day, is nearly a specific in this disorder, generally removing it in a very few days.

Quinsey.

To prevent its coming on, take a tea-spoonful of salt in the mouth, and as it dissolves, gargle the throat with it. Repeat this till the quinsey is dispersed. Take an ounce of the wild indigo root, boil and strain, stir in meal, for a poultice to the neck, to take out inflammation. A decoction of marsh-mallows applied, answers the same purpose. A linen rag soaked in sweet oil, butter, or lard, and sprinkled over with yellow scotch snuff, is said to have performed wonderful cures

in the quinsy and croup. Seven drops of amber on a lump of sugar, and kept in the mouth without moving till dissolved, has often produced amazing effects.

Rheumatism.

Take one ounce of Seneca snake root, two ounces of white pine bark, two ounces of burdock seed, an ounce and a half of prickly ash bark, boil all in four quarts of water to three, and take half a pint, night and morning, fasting. Or, take cider brandy, sulphur and hops, for a drink; and cider brandy, sulphur, and Cayenne pepper, for a wash. This has given immediate relief in the most inveterate cases of chronic rheumatism, lumbago, and hip gout. Or, boil nettles soft, foment with the liquor, and apply the herbs as a poultice. An ointment of fish-worms simmered in linseed oil till they crisp, and the liquor applied, is very powerful.

Rupture.

A patient should be kept as still as possible in a horizontal position. After returning the prolapsed parts into the cavity, apply the rupture plaster over the injured part. It should be compressed by a truss or by bandages to prevent its returning. The plaster should be removed once in three or four days, and the part washed with brandy or high wines, till the breach is healed. A tea made of rupture wort, crane's bill, high wickup and buckthorn, should

be taken for a considerable time, either the whole of them combined, or a part used separately. The patient should avoid taking anything into the stomach which will occasion flatulence or wind. The diet should be nourishing and strengthening, such as jellies, &c. Costiveness should, if possible, be prevented.

Ringworm, or Tetter.

The common mushroom catsup rubbed upon the affected parts, has never been known to fail of curing the ringworm, itch, or any other disorder of the skin, even when every other nostrum has failed. A wash made by slicing blood root into vinegar, is good to bathe the part affected. A wash, or an ointment of celandine leaves, is likewise very effectual.

St. Vitus's Dance.

As costiveness generally prevails in this disease, strict attention should be paid to the bowels. Perhaps it would be well to begin the cure with a vomit, and a purge occasionally, as occasion may require. An infusion of skull cap herb, made by pouring a quart of boiling water upon an ounce of the plant, strained, and sweetened with loaf sugar, and drank freely by the patient, is an excellent remedy, and particularly if used in conjunction with the following preparations.—Take of ladies' slipper four ounces, ginseng two ounces and two nutmegs—all finely pulverized

and well mixed. Four ounces of this compound is to be put into a pint of alcohol or brandy, kept in a sun heat for ten days, often shaking it, when it may be poured off, strained, or filtered, and one ounce of the essence of anise added to it.—Dose—from one tea-spoonful to a table-spoonful two or three times a day.

If this does not, in a reasonable time, stop the involuntary action of the muscles, let the following be substituted, taking from a half a tea-spoonful to a whole table-spoonful, two or three times a day. Tincture of lobelia seeds, one pint, tincture of Cayenne one pint, and of the above named preparations three gills. This latter tincture is used not only in cases of fits, cramps, spasms, &c., but in all violent attacks of disease, and in cases of suspended animation from drowning, hanging, by lightning, or any other cause whatever.

Scald Head.

This disease is a species of *erysipelas*, and is easily communicated from one person to another, by means of a hat, or comb, previously by one so diseased. Its virulence causes the hair to become dry and thin—the appearance of the skin is blue and scaly.

At an early stage of this disorder, it may be cured by such ointments as the following;—Take four ounces of sassafras, the bark of the roots; four ounces of the blackberry brier, the bark of the roots; four ounces of elecampane, the roots, all collected fresh and washed; add

one pound of fresh butter or lard. Simmer them over a slow fire, four hours; strain it off into an earthen vessel for use. Previous to applying the ointment, the hair on the diseased part should be wholly cut off. The ointment may be rubbed on every night and morning. If the disease be of long standing, the head must first be shaved, and rubbed over with a little soft oil or butter, to soften the scales, which by washing with castile soap, will come off. After this apply the plaster and powders recommended for the salt rheum, during several days before using the other ointment. In the mean time, the patient should make free use of the *erysipelas tea.*

Salt Rheum.

Spread a plaster large enough to cover the affected part, made of rosin and white turpentine, of the consistence of shoe-maker's wax.—On the plaster sprinkle some powders made of equal parts of burnt alum and rosin, made fine and mixed well together. After the plaster has been on one or two days, spread the same plaster over with a new coat of pitch and powders, and keep it on one day. After renewing it once a day, for two or three days, let the plaster stay on as long as it will, which will prove an effectual cure. This application, it is said, will remove most cutaneous eruptions.

Scrofula, or King's Evil.

Frostweed, or scabious, drank daily, in decoction, and applied as a poultice, has cured

very many. A tea made of the scrofula plant and a poultice of the same, may prove of great benefit. To soften or discuss a scrofulous tumor, pound garlic to a soft pulp, add a few drops of cream, and apply it as a poultice every night at bed time. If the tumor breaks, dress it with a strong decoction of wild cherry bark in lime water, applied with lint, and covered with some simple plaster to exclude the air. Tar, boiled till it is hard enough to make into pills, is said to be a certain remedy for scrofula, three or four taken every night and morning.

Sore Throat, and Sore Mouth.

A strong tea of witch hazel leaves, and golden seal root, with a little Cayenne in it, will generally cure this disorder, if not very bad. An infusion of sage and rose leaves, with honey and vinegar, are good in mild cases. Sage, hyssop, goldthread, borax and alum, boiled together in water, and molasses added, is a good gargle for a sore mouth. Dr. Elisha Smith, of New York, says that nightshade (*atropa belladona*) is almost a specific in the scarlet fever and putrid sore throat, and in the black canker, so called. The direction is, to take a drop or two of the pure saturated tincture, more might be harmful. Or, a drink made by pouring a quart of boiling water on a half a drachm of the dry, pulverized leaves, of which a table-spoonful is to be taken morning and night, increasing to nearly a cupful, according to its effect. For the black canker, take the green herb, half an ounce to a quart of

water, steep it; wash the mouth and throat with this, and give a tea-spoonful every two hours, to an adult; children proportionably. Dr. Smith says he has never known it to fail, when properly used in these diseases; but it requires careful administration.

Toothache.

Take a piece of lime, about as large as a walnut, put it into a quart bottle of water, rinse the mouth with it two or three times a day, and cleanse the teeth with the mixture every morning. If too strong, dilute it, as it should just taste of the lime, and should be no stronger.—Oil of origany, dropped on lint, and applied to the tooth, eases pain. A hollow tooth may be filled with a soft extract of bark, or a few drops of cajeput oil, dropt upon cotton, may be applied. Savin, or juniper oil is very good. Tincture of gum guiacum held in the mouth, will sometimes give immediate relief. In obstinate pain, or rheumatism in the upper jaw or face, roasted potatoes, applied hot, very frequently gives comfortable relief.

Tumors and Warts.

Take gum galbanum, dissolved and strained with vinegar, six ounces, yellow wax four ounces, turpentine two and a half ounces; make into a plaster. This preparation is good applied to warts, corns, &c. It carries them away gradually. The juice of celandine has been found beneficial

in removing warts. A poultice made of slippery elm and Indian meal, equal parts, mixed with weak ley, in which has been dissolved a little salt, is said to be good to discuss indolent tumors, wherever applied.

Ulcers.

Ulcers should be kept clean and healthy.—They may be washed with witch hazel tea, castile suds, equal parts of spirits and water, to which a little of the spirits of ammonia may be added, and if there is proud flesh, it may be kept down by applying a little of the pulverized mandrake, or blood root, and other things of a like nature. If deep seated, they may be washed out with a small syringe once a day, afterwards dressed with any simple plaster.

POISONS.

Every person ought, in some measure, to be acquainted with the nature and remedy for poisons. They are not unfrequently taken unawares, and their effects are often so violent as to admit no delay, or time to procure the assistance of medical men. None of the mineral poisons prove fatal, till after a most excrutiating pain of two or three hours, whereas some of the vegetable poisons terminate life in a few minutes.

Poison seldom remains long in the stomach before it occasions sickness, with an inclination to vomit. This shows plainly what ought to be done. Were this indication properly regarded, the danger from poisons might often be avoided.

When a *metallic poison* has been swallowed, vomiting should immediately be excited. Blood root tincture is perhaps as safe and as quick as any vomit, or lobelia will act as certain, to be

followed up by large and long continued draughts of camomile tea, linseed, or other emollient fluids. If *arsenic has been taken, in solution*, take lime water, chalk and water, or pearlash water, freely. For *arsenic in powder*, linseed tea, milk, mutton broth, gum arabic, and such like articles will tend to absorb the poison, sheath the parts, and prevent their being acted upon by the poisonous matter. They may also be used as injections for the same intention.

Whites of eggs decompose *corrosive sublimate.* One mixed with water may be given every two or three minutes to promote vomiting, and to lessen the virulence of the poison.

The best antidotes for *emetic tartar*, are astringent vegetables, such as oak or willow bark, strong green tea, sweet bugle, &c. which should be given freely to dilute and decompose the poison.

For *oil of vitriol, aqua fortis, muriatic acid, tartaric or prussic*, mix an ounce of magnesia in a quart of warm water, and give a wine-glassful every two minutes. Soap suds or chalk and water may be given till the magnesia is procured.

Vomiting may be excited by tickling the throat. Generally, *alkalies* are the proper antidotes to *acids*, and *vice versa*.

Some species of fungi, or mushrooms, hemlock, nightshade, foxglove, stramonium, and other plants of the narcotic tribe, by being taken through mistake, often prove a source of poison. Under accidents of this nature, we must attempt the immediate evacuation of the offending matter; but it is only quickly after the narcotic has been taken, and before it has excited its peculiar symptoms, that an emetic can be advantageously given. The best emetic would be blood root, or lobelia, which will throw out the poison that may remain in the stomach. Take copious draughts of camomile tea, or the like.

Afterwards, to counteract the effects of the poison, the patient should be made to drink copiously, if possible, of vinegar, or other strongly acidulated liquors, and especially the juice of lemons. For the purpose of rousing the system from a state of torpor, particularly when immoderate quantities of *opium* have been taken, the patient is to be kept in constant motion on his legs, if capable of standing; but if not, by

frequently shaking and moving his body. The body may at the same time be rubbed with warm salt and other stimulating applications.

In case of poison from the bite of venomous reptiles, apply a poultice of *tobacco and vinegar*. Tobacco is a great antidote to the bite of all venomous serpents. A lobelia emetic has great effect in expelling the poison. (For the treatment of poisons from the bites of serpents, insects, and reptiles in general, see p. 78.)

MISCELLANEOUS RECIPES.

For the Ague.

Infuse dogwood blows, blood root, (a little) coltsfoot, and spikenard, in spirits. Take a wine-glassful of this two or three times a day. Or, make a continued drink of sage, saffron, and camphor, in tea, with sweet milk and vinegar enough to turn it.

Peach meats and the inner bark of black alder, infused in spirits, is likewise effectual.

To prevent the ague, take ten or twelve grains of black pepper daily. Persons in exposed situations would profit by attention to this.

Bleeding at the Nose.

A spontaneous discharge of blood from the nose, may arise from a variety of causes; sometimes from an unequal balance of the blood, from its being in a very thin state, or from obstructions of the system. It is usually preceded by headache and coldness of the extremities. It most afflicts young people of delicate health, chiefly in warm weather.

A snuff of *red beth root* may be used, or cold water sprinkled on the back of the patient, which often gives relief. Catnip, bruised, and moistened with spirits or vinegar, and applied across the centre of the nose, gives relief.

Cordial for the Dysentery.

Take half an ounce of rhubarb, the same of cinnamon, bruised, and one pint of aniseed cordial; steep the whole down to a half a pint, then strain for use. Drink as often as occasion may require. It is excellent to warm and strengthen the bowels.

Carrot Poultice.

Take of boiled carrots bruised about one pound, flour one ounce, butter half an ounce, mix them with as much warm water as will form a pulp. This is an excellent application to bad sores, swellings, and every species of ulcers of an irritable kind.

To remove Freckles.

Put juice of lemons in a glass phial, mix it with sugar and borax finely powdered; let it stand and digest eight days, when it is fit for use

Lip Salve.

Take spermaceti, half an ounce, white wax two ounces, olive oil four ounces, color it with a little anchusa, and scent it with bergamot.

Eye Water for Weak Eyes.

Take a lump of copperas as large as a pea, put it into a two ounce phial of water. Carry this in the pocket, and occasionally taking out the cork, turn the phial upon the fingers' ends, and thus bathe the eyes.

Volatile Salts.

One ounce of crude sal ammonia, two ounces of pearlash, shake them well together, in a bottle corked tight.

Honey Syrup for Coughs.

Take a handful each, of hoarhound, spikenard roots, elecampane roots, and garden beets, boil in a sufficient quantity of water to extract the virtues of the articles; then strain, and when cool, add honey enough to make a syrup. This is very useful in coughs, and consumptions, taken in small doses several times a day.

For Influenza.

Take equal parts of vinegar and water, and to a tea-cupful add one tea-spoonful of best African Cayenne; sweeten with honey or sugar. One table-spoonful will allay the cough almost instantaneously. A dose taken at bed time will generally enable the patient to rest well all night; if, however, the cough becomes troublesome at any time before morning, another spoonful will allay it.

For a Discharge of Joint Water.

Injured joints sometimes discharge a fluid, called joint water, which essentially weakens the part. It is said to be stopped and the joint cured, by applying a poultice made of sarsaparilla roots, boiled in water until the strength is extracted, and both water and root mixed with wheat bran, or indian meal, to the proper consistence.

For the Piles.

Take one gill of sugar-house molasses—one ounce of fresh butter, mix them well over a slow fire, and drink just before lying down, or going to bed, at night. In addition to this, the following external application should be used. Burn two common sized new corks to ashes, mix the same with a sufficient quantity of lard to make it of the proper consistence—rub the anus with this ointment twice a day, and a cure will soon be effected.

Conserve for a Cough.

Take three parts of fresh comfrey root, and one part of green Indian turnip; bruise together into a fine paste, and add two ounces of refined sugar. Mix. For coughs, a table spoonful may be eaten three or four times a day.

Strengthening Syrup.

Take equal parts of balm of gilead buds, black cherry bark, black alder bark, or berries, colom-

bo root, dogwood bark, unicorn root, and white-wood bark, boil all together to a syrup, strain and sweeten, and add spirits enough to preserve it from fermentation. Dose, a wine-glassful two or three times a day. It is an excellent stomachic, and strengthens the system generally.

Cleansing Syrup.

Take equal parts of bittersweet bark, burdock roots, dandelion top and roots, sumach, bark of the root, tag alder, the bark and tags, sassafras, the bark. Prepare and take the same as the above. It cleanses and purifies the blood from humors, and causes a free circulation.

Cathartic Powders.

Take mandrake root, and blue violet, each two parts, blood root, one part; all to be mixed. Dose, half a tea-spoonful two or three times a day. They remove indigestion, and costiveness, and correct the stomach and bowels.

Restorative Bitters.

Take unicorn root one ounce, blood root one fourth of an ounce, ginseug half an ounce, tamarisk bark one ounce, nanny bush bark one ounce, devil's bit half an ounce, rue one fourth of an ounce, seneca snakeroot, sassafras bark, and golden seal, each, one fourth of an ounce. Digest in one quart of Jamaica spirits, in a warm place for twenty four hours, then strain. Take

a tea-spoonful three times a day, in water. This bitter is celebrated for its fine restorative and strengthening qualities, in indigestion, rheumatism, dropsy, pain in the breast, &c.

Catarrh Snuff.

Take colt's foot, Canada snakeroot, and bayberry bark, each two parts, and blood root, one half part; pulverize fine and mix. If wandering milkweed be added to it, it cures the headache.

Jaundice Bitters.

Take the bark of the root of whitewood, boxwood, or dogwood, black cherry, and prickly ash, each one handful, horseradish root and mustard seed, each two ounces, and a handful of hops, all to be infused in one gallon of cider, or equal parts of wine and water. Dose, a wineglassful, three times a day.

Ague Bitters.

In one quart of wine, infuse one table-spoonful of blood root, two of wild turnip, and two teaspoonfuls of mandrake, all pulverized fine. Take a table-spoonful as often as the stomach will bear it.

Rheumatic Drops.

Take one table-spoonful of pulverized mandrake root, one table-spoonful of black cohush, and a large handful of pipsissiwa, or princes'

pine. Infuse in a quart of wine, and take from one to four tea-spoonfuls three or four times a day.

Gargle for Sore Throat.

Take the flowers of life everlasting, or Indian posey, sage, golden seal, or goldthread; make a tea and sweeten with honey. Or, chew the blossoms of Indian posey, and swallow the juice, which will be found of great benefit in the quinsey and sore throat.

For the Asthma.

Take one pint of brandy, a small handful of blue flag root and skunk cabbage, and one ounce of spirits of turpentine. Mix all together, and when digested, take three or four table-spoonsful a day.

For a weak Stomach.

Take a handful each of wild cherry bark, and peach tree bark, and half an ounce of cinnamon. Boil to a pint, and add a pint of brandy. Take a table-spoonful two or three times a day.

For Epileptic Fits, Cramps, Convulsions, &c.

To break a fit, put a tea-spoonful of salt into the patient's mouth. This will give quick relief in most cases. Procure a black snake's skin, and tie it round the patient's waist, the flesh side next to the skin, and wear it continually. At

the same time, drink constantly a tea of dogwood chips, tinctured in brandy. Or, purslain tea for a common drink.

For a Stone Cancer.

Take the powder of yellow dock root, wet with port wine, and apply it to the cancer, renewing it three times a day. Make a daily drink of dock root, with black elder bark, a handful of each, boiled in four quarts of water to two.

For a common Cancer.

Take the leaves of the common poke weed, bruise and press out the juice, and dry on a pewter dish in the sun to a proper consistence for a plaster or salve. Spread this on cloth or leather about one eighth of an inch thick, and apply to the cancerous ulcer. If the sore be very large, a thin piece of muslin may be first laid on it to prevent too much pain, and the plaster over the muslin. After twenty four hours the plaster must be renewed, when it will be found that the cancer is covered with matter, which must be cleansed by the use of soap suds, and a fresh plaster applied. When the cancerous tumor is completely eradicated by the repeated application of these plasters the ulcer may be healed with a salve made of equal parts of beeswax, mutton suet, and Venice turpentine, melted together. A case of cancer inside the mouth, was cured by raising a sore outside on the cheek, and then applying the plaster. It is said that one indi-

vidual has cured nine cases with this remedy in one year. If this be correct, it certainly deserves a trial.

Cure for Sprains.

Take a table-spoonful of honey, the same of common salt, and the white of one egg. Beat the whole together until thoroughly mixed. Let it stand an hour, then rub the sprain with the oil which is produced by the mixture, afterwards binding it up with a flannel bandage. This simple remedy generally enables a person to walk free from pain in one day.

To keep out the Measles.

Take saffron and snakeroot, equal parts of each; make into a strong tea and drink of it as occasion may require. It is good to keep out the measles, or to drive out humors, and keep any disorder from striking to the stomach.

For a Sudden Cold.

For cold chills, pain in the breast, head or back, bathe the feet in warm water, before retiring to bed, and after getting into bed, drink a bowlful of warm snakeroot tea, which will generally drive off a cold of the worst kind. Boneset tea, will be equally as effectual, and if it should vomit a person, as it sometimes does, when the stomach is very foul, it will do so much the more good. After the operation is over, and

the perspiration has ceased, a draught of the tea taken cold, will have a good effect, without exciting vomiting afterwards.

Plaster for a Weak Back.

One ounce of burgundy pitch, camphor, and black pitch, and half an ounce of white turpentine, melt together for a plaster.

Strengthening Plaster.

Take one beef's gall, castile soap, two ounces, burgundy pitch, or hemlock gum, six ounces, brandy, half a pint, camphor and opium, each one fourth of an ounce, spirit of turpentine, one spoonful; all to be simmered down to a plaster, and spread on leather and applied.

Relaxing Ointment.

Take equal parts of plantain leaves and root, bittersweet bark, and spikenard root, boil out the strength, strain, and make into an ointment with lard. This is very valuable for a caked and inflamed breast, which it softens and relieves in a remarkable manner.

Ointment for Scalds and Burns.

Take of spirits of turpentine, one ounce, olive oil or lard. two ounces, mix. Apply this to a scald or burn, and it takes out the fire or removes the inflammation speedily.

Healing Salve.

Take of turpentine, beeswax, salt butter, balsam of fir, each one pound, tincture of myrrh, one gill, melt and simmer all together in an iron vessel, then strain and cool.

Green Salve.

Take of turpentine half a pound, bayberry tallow the same, dissolve together, so as to form a salve, adding sweet oil if necessary. This salve is excellent for scrofulous ulcers.

Rogers' Anti-Scrofulous Plaster.

Take of tar, one gill, two yolks of roasted eggs, and the inside of a puff ball, simmer over a slow fire, ten or fifteen minutes. The yolks should be added warm, then strain off for use. It should be spread upon thin leather, for open scrofulous tumors. It is a safe and sure remedy for scrofulous sores.

Ready Made Mustard.

Flour of black mustard seed well sifted from the bran, three pounds, salt, one pound, make it up with currant wine and add three or four spoonsful of sugar to each pint.

Steer's Opodeldoc.

Take best windsor soap, two and a half pounds; oil of rosemary, five drachms; oil of thyme, five

drachms; camphor, seven and a half ounces; water of ammonia, one and a half pounds; water, a pound and a quarter; alcohol, eleven pints. Dissolve the soap and camphor in the alcohol, with a gentle heat, and when dissolved, add the water of ammonia, and water; and while cooling, the oils. The bottles must be filled while lukewarm, and not sealed up until the opodeldoc is perfectly congealed.

Bard's Opodeldoc.

Take Venetian soap, two ounces; camphor gum, one ounce; brandy, one pint. The soap is to be dissolved in the brandy by a gentle heat, and after its solution the camphor is to be added.

Cajeput Opodeldoc.

Take of almond soap, two ounces; alcohol, one pint; camphor, one ounce; cajeput oil, two ounces. First dissolve the soap and the camphor in the alcohol, and when the solution is about to congeal, add the oil of cajeput. Shake them well together, and put into bottles to congeal.

This composition is a great improvement on the Opodeldocs in general use; and in cases of rheumatism, paralytic numbness, chilblains, enlargements of the joints, and indolent tumors, where the object is to rouse the action of the absorbent vessels, and to stimulate the nerves, it is a very valuable external remedy.

Sneezing Powders.

Take of dried leaves of asarabaca, or canada snakeroot, one ounce; lavender flowers and marjoram leaves, dried, each two drachms. Rub them to a powder, which keep in a well stopped phial.

A few grains of this powder snuffed up the nose, excites sneezing, and a copious discharge of mucus.

British Substitute for Foreign Tea.

Betony, if gathered when just going to flower, has the taste of tea, and all the good qualities of it, without the bad ones, and it moreover cures inveterate headaches.

Another.

Make an infusion of ground ivy, which is very agreeable in flavor, especially if you add to it a drop or two of lemon juice.

It is reported by many, that the habitual use of this herb will cure the most obstinate consumption. It is certainly a good pectoral, and when green is fragrant; if mixed with a few flowers of lavender, it makes a most agreeable liquor for summer use; and if gathered at a proper time, has an agreeable taste to many, but wholesome to all, even when dry.

Another.

Balm, or lemon balm alone, or with sage, is much recommended, with flowers of lavender.

It has a most delicious flavor and taste, but is most agreeable when green.

Anti-Bilious Powder, Common Purgative, or Physic.

Take of Jalap, one pound, Alexandria senna, two pounds, peppermint plant, one pound. Let these articles be separately pulverized, then mix them together, and pass through a fine sieve. Dose, a tea-spoonful. It should be put into a tea-cup, with a lump of loaf sugar, and a gill of boiling water added, and given to the patient when cool, fasting, or upon an empty stomach.

Use.—This forms one of the best general purgatives that is now known. It combines power with mildness of action, and acts throughout the whole alimentary canal, cleansing it and producing a healthy action. It may be given to every age and sex. It removes offensive accumulations in the bowels, without bringing on subsequent constipation. It stimulates every contiguous organ to a healthy state. It is useful in all diseases where physic is required. In bilious and febrile diseases it is invaluable.

Acorn Coffee.

Take sound and ripe acorns, peal off the shell or husk, divide the kernels, dry them gradually, and then roast them in a close vessel, keeping them continually stirring, taking care that they be not roasted or burnt too much, which would be hurtful.

Take of these roasted acorns (ground like other coffee) half an ounce every other morning and evening, mixed with a drachm of other coffee, and sweetened with sugar, with or without milk.

This receipt is recommended by a famous German physician, as a much esteemed, wholesome, nourishing, strengthening nutriment for mankind; which, by its medicinal qualities, has been found to cure the slimy obstructions in the *viscera*, and to remove nervous complaints when other medicines have failed.

The flower of rye and potatoes, are also a good substitute for coffee. The articles are first boiled, then made into a cake, which is to be dried in an oven, and afterwards reduced to a powder, which will make a beverage very similar to coffee in taste, as well as in other properties, and is not in the least detrimental to health.

Dr. Hull's Genuine Bilious Physic.

Take eight ounces of aloes, one ounce each of mace, myrrh, cinnamon, cloves, saffron, and ginger; four ounces of the dried leaves of the garden sunflower, or of the wild sunflower. Pulverize the articles separately and mix them thoroughly. Dose, a tea-spoonful.

The efficacy of this celebrated physic in the cure of bilious colic, is well known. Several spurious recipes of it have been published, in which the two most active articles, saffron and sunflower, were omitted.

Stoughton's Bitters.

Take orange peel, one pound; gentian root, three pounds; camwood, two pounds; pulverize and infuse them in six gallons of spirits; and after shaking it well for five or six days, decant, and bottle it up for use.

Bathing Drops.

To one quart of alcohol, add one ounce of hemlock oil; one ounce of gum myrrh; two table-spoonsful of Cayenne or red pepper. Shake them well together, and bottle for use.

For rheumatic pains, or pain in the head, stomach, or elsewhere, bathe the parts every night and morning. They may be taken internally at the same time, in water or on sugar, in doses from ten to sixty drops.

Tar Syrup.

Take one gill of tar, one pint of wheat bran, half a pound of loaf sugar, and two quarts of water; stir them well together, and then let it stand thirty-six hours; strain off, and add one quart of lime water. Dose, a wine-glassful, three times a day. This is an excellent remedy for coughs, consumptions, &c.

To promote the growth of Hair.

Mix equal parts of olive oil and spirits of rosemary, and add a few drops of oil of nutmeg. If the hair be rubbed every night with a little of

this liniment, and the proportion be very gradually augmented, it will answer every purpose of increasing the growth of the hair, much more effectually than can be attained by any of the boasting empirical preparations which are imposed on the credulous purchaser.

To remove Tartar from the Teeth.

Raspberries or strawberries, (particularly the latter) frequently eaten, have been found, by experience, to dissolve the tartarous concretions of the teeth.

German method of preventing Hysterics.

Caraway seeds, finely powdered, with a small proportion of ginger and salt, spread upon bread and butter, and eaten every day, especially early in the morning, and at night, before going to bed, are successfully used in Germany, as a domestic remedy against hysterics.

To make British Herb Tea.

Take of hawthorn leaves, dried, two parts, sage and balm one part; mix these well together, and they will make an excellent and pleasant sanative tea, particularly wholesome to nervous people.

Laxative Clyster.

Take a tea-spoonful of the powders of blood root, one of lobelia, one of mandrake, and half a

tea-spoonful of cayenne, add half a pint of boiling water and one ounce of fresh butter or sweet oil. To be used in cases of colic and costiveness.

Emetic Solution.

Take of lobelia, the green herb when in blow, one pound, bruised; and one quart of proof spirits, put them into a bottle corked tight for use. From one to four tea-spoonsful may be taken at once. This preparation is used in cases of asthma, lockjaw, spasms, hysterical complaints, &c.

Emetic Powder.

Take the leaves, pods, and seeds of lobelia, make them into a fine powder, add a small quantity of cayenne and the oil of wintergreen, and keep them in a tight vessel for use. From one half to a tea-spoonful may be taken at once in a half a gill of warm water sweetened. Repeat the dose every fifteen or twenty minutes till it operates. It should be recollected that boiling water destroys, in a great measure, the emetic quality. This powder may be employed in all cases and stages of disease, at any age, and in any situation, with safety.

Restorative Bitters.

Take of unicorn, the leaves and roots, golden seal, the roots, bayberry, the bark of the roots, and white poplar, the bark, equal quantities—

pulverize and mix. Steep half an ounce of this mixture in a pint and a half of spirits, two or three hours, then add half a pint of pure water. Half a glass may be taken three or four times a day. They strengthen and correct the digestive powers and increase the appetite. A tea-spoonful of cayenne added to it converts it into hot bitters, and makes it more stimulating. A small quantity of sweet cicely, angelica, coltsfoot, seeds of caraway, pennyroyal, or spearmint, forms them into aromatic bitters, which renders them more agreeable to the taste.

Rheumatic Bitters.

Take of princes' pine, the tops and roots, cocash, the roots, and black cohush, the roots, equal quantities—pulverize and mix. An ounce of this is to be infused in a quart of spirits, and half a glass, or a glass may be taken three or four times a day.

Vegetable Tooth Powder.

Take the bark of bayberry, yellow oak, and black alder, equal quantities, pulverize and mix, to which may be added one part of ginger. It should be applied in the powder or decoction, with a brush, or the end of the finger. It cleanses the teeth and gums from scurvy, or scorbutic humors, gives the enamel a smooth polish, and a white appearance, strengthens the gums and loose teeth, and if regularly used, prevents them from rotting, or decaying.

Gout Cordial.

Take cardamon seeds, and caraway seeds, bruised, each two ounces; the best meadow saffron, half an ounce; turkey rhubarb, an ounce and a half; gentian root, three fourths an ounce. Mix and infuse in a quart of white brandy for a fortnight. Dose a table-spoonful, with an equal quantity of water, to be taken every third day.

Cleansing Beer.

Take burdock, sarsaparilla, and spikenard roots, put to six quarts of water, boil to two quarts, strain, and when a little cool, add a pint of molasses, or a half a pound of sugar, with yeast sufficient to work it. As soon as the fermentation commences, it may be drank, and continued as a drink, until health is restored. It is a good article for cleansing and purifying the blood, and may be used in all cases of vitiated humors.

Erysipelas Tea.

Take of cuckold, the leaves, seeds, and roots; elecampane, the roots; green ozier, red rod, or red willow, the bark; equal parts—pulverize into coarse powder and mix. One ounce to be steeped in one pint of boiling water and a gill taken several times a day.

Rupture Plaster.

Take of fresh buckthorn, bruised, one part; fresh cranesbill, bruised, two parts; blend them

well together—spread the composition on a thin piece of leather, large enough to cover the affected part, and renew it once or twice a week—to be worn under a truss, and continued sometime after the breach is healed.

Cancer Tea.

Take of green ozier, red rod, or red willow, the bark; skunk cabbage, the roots; yellow dock, the roots; primhage, the bark; princes' pine, the tops and roots; pulverize and mix. One ounce of this is to be steeped in a quart of water, and a gill or more to be taken several times a day. It cleanses the system from all cancerous and scrofulous affections.

Composition Powders.

One pound of fine bayberry, and eight ounces of the inner bark of hemlock, eight of ginger, four of cayenne, four of witch hazel leaves, two of cloves, all mixed together. Good for sudden colds, relax, rheumatism, &c., taking a tea-spoonful in hot water, sweetened, on going to bed, repeating the dose several nights and two or three times a day, being careful about taking cold, while in perspiration.

Vegetable Elixir or Hot Drops.

To a gallon of brandy or common spirits, add one pound of gum myrrh pounded fine, and one ounce of cayenne. Let it stand in a jug five or

six days, closely stopped, and frequently shaking it, when it will be fit for use. If the jug be put into a kettle of boiling water, unstopped, and boiled a few minutes, it will prevent the alcohol from fuming up into the brain.

These drops, taken inwardly, are good for all kinds of pain. From a tea-spoonful to a half a wine-glassful may be taken at a time. It is an excellent article to bathe with for rheumatism, bruises, sprains, and old sores. It should be used without being diluted.

Roger's Remedy for the Croup.

Take one handful of fresh camomile, one handful of saffron blows, either fresh or dry, and three ounces of fresh butter; simmer them together over a moderate fire till the camomile and saffron flowers become crisped. Give a tea-spoonful of this oil every twenty minutes till it affords relief. This is a dose for a child one or two years old.

Bed Bug Liquid.

Dissolve half a drachm of corrosive sublimate in a quarter of an ounce of muriatic acid, mix it with one quart of spirits of turpentine, and apply it to the infected places. It will infallibly kill the bugs and their nits, although they swarm ever so much. Let it be done in the day time, lest the inflammability of the mixture should come in contact with the lamp or candle while using it, and thereby occasion serious damage.

For Contracted Sinews.

Take a pint bottle, fill it half full of sweet oil, then fill it up with camomile flowers. Let it hang in the sun three days, taking it in every evening. It should be rubbed in twice a day by the fire. Or, anoint with neat's foot oil, and bind on flannels dipt in it while hot.

Tincture of Capsicum.

Take a drachm of this liquid, which can be purchased at the apothecary shops, add to it one ounce of rain water, apply it two or three times a day for weak and inflamed eyes.

How to destroy Ants in Gardens, or Houses.

Ants that frequent houses or gardens may be destroyed by taking flour of brimstone, half a pound, and potash, four ounces; set them in an iron or earthen pan over the fire till dissolved, and united; afterwards beat them to a powder, and infuse a little of this powder in water, and wherever you sprinkle it the ants will die, or flee the place.

How to make Essences.

The Essence of Hemlock, Peppermint, Pennyroyal, Cinnamon, Wormwood, or Tansy, is made by taking one ounce of the essential oil of either of those articles, and pour it to one pint of alcohol or rectified spirits of wine, and shak-

ing them well together. An Essence of any other article may be made by following these directions.

Another.

Corrosive sublimate, mixed well with sugar, has proved a mortal poison to them, and is the most effectual way of destroying these insects.

To join Paper together.

Rice flour mixed with cold water and then gently boiled over the fire, makes the best paste for joining together all kinds of paper articles.

Cataplasms or Poultices.

The intention of poultices is to soothe the parts that are irritated, to allay pain and inflammation, and to reduce swellings. They never should be applied more than blood warm. Cold swellings require dry stimulating poultices, and inflammations require them to be cold and moist. They should not be allowed to remain on more than six or eight hours, and when applied to hot tumors or swellings, they should be changed as often as they become dry, warm, or painful.

Clay Poultice.

Take blue or potter's clay, and cold water enough to form a poultice; spread it about an inch thick, and large enough to cover the affected part. To be applied where there is great inflammation.

A botanic friend informs us that he has seen *Plaster of Paris* applied to inflammations with decided excellent effects, the affected part being completely encased with it, in the form of cataplasm.

Rheumatic or Gout Poultice.

The following poultice for the rheumatism was recommended to us by a gentleman of Lowell, and has been repeatedly tried with the most satisfactory success.

Take the bark of butternut root, two parts, root of crowfoot or yellow weed, one part, root of ground toy or gill go by the ground, one part. Pulverize the whole as fine as possible; add to each application the size of a filbert of borax, pounded fine, moisten the whole with water to the consistence of a thick poultice, and apply it on going to bed.

Dry Stimulating Poultice.

Take bayberry bark and white lily root, one part each; mustard seed and ginger, one part; all made fine, with water enough to form a poultice. After simmering it a few minutes over a slow fire, add a large table-spoonful or two of flour. This is to be applied to cold swellings and tumors, or to ulcers. It should be kept wet with a strong tea of bayberry.

A poultice of wheat or rye bran, and vinegar, very soon takes down the inflammation caused by a sprain.

A soft poultice of stewed white beans, put on in a thin muslin bag, and renewed every hour or two, is likewise very good.

Discutient Poultice.

Take barley meal, six ounces, fresh hemlock leaves, bruised, two ounces, vinegar, a sufficient quantity. Boil the meal and hemlock a little in the vinegar, and apply it as often as occasion may require.

Gum Ammoniacum in the form of a *Plaster*, operates as a discutient in white swellings and indolent tumors.

Spruce Beer.

Take four gallons of water, boil half of it, let the other half be put cold into a barrel, and upon this pour the boiling water—then add three quarts of molasses, and a little of the essence of spruce, stir them together, add a gill of yeast, and keep the whole in a moderate heat, with the bung out, for two days, till the fermentation has subsided; then bottle it, and it will be fit for use in a week or ten days.

Ginger Beer.

Take two quarts of molasses, one gill of yeast, a teaspoonful of powdered ginger and one gallon of hot water. Shake these all well together till they ferment, then put the whole to six and a half gallons of cold water, and let it stand twelve

hours to work, when it will be fit to bottle for use.

Another.

Take two spoonsful of ginger, one ounce of cream of tartar, three pints of molasses, one gill of yeast, and a little allspice, to be added to one gallon of water and set in the sun until it ferments, then bottle for use.

DISEASES OF CHILDREN.

It is almost universally the case that those complaints to which children are subject, and which hurries vast numbers of them to an early grave, arise from overloading the stomach. A child in health always has an appetite, and never appears to be satisfied except when eating. Mothers are too apt to indulge them to excess, by giving whatever they ask for; the consequence is that more food is taken in the stomach than can be digested; and forms a cold mass of phlegm, which if not removed by either nature or art, generates disease by destroying the digesture. The natural consequence is that canker gets into the stomach; the vital heat is diminished; perspiration ceases; cold chills and hot flashes follow, and the whole system becomes diseased. In this state of the case the doctor is sent for, who gives small doses of calomel, which increases the difficulty, and when the distress becomes alarming, blisters are ordered all over the stomach and bowels. This is generally the last thing done, execept to give laudanum to stupify and cause them, as it is said, to die easy; for few survive this course of practice.

If mothers would have confidence in themselves and undertake to cure without a doctor, we feel confident, that by an early application of such means as are within their power, many lives might be saved, and much distress avoided. To say the least, there would be a far greater chance for them to live, if all violent remedies were dispensed with, and nothing but simples made use of, together with good nursing.

When children first discover symptoms of disease, it may be known by their being fretful and troublesome; this is evidence of a disordered stomach, and will continue till the canker becomes seated; when they will be stupid and inclined to sleep. The sooner a cure is attempted, the better will be the chance of removing the cause of disease. The first thing to be attended to is to keep them warm, and use every means to cause perspiration. Give a gentle emetic to clear the stomach; then follow with a strong tea made of whatever is known to be good for canker. Bayberry root bark is the best thing known. Steep some of this in milk and feed them often with it sweetened. The steam-bath, when properly applied, is very good, and will always give relief. Injections made of the bayberry tea, with milk in it sweetened, should be often given. If the child appears faint and languid, wet the face and stomach with cold vinegar, and after steaming, wash them all over with the steam. Offer them drink often, or they may suffer for the want of it.

By pursuing this plan faithfully we feel per-

fectly convinced that very few cases would fail of being successful. It has often been tried in the various complaints of children, and we know of no instance in which it has failed to remove the disease and restore them to health, without doing any injury to the constitution.

COLLECTING AND CURING

HERBS, BARKS AND ROOTS.

Herbs that are intended for teas or decoctions, should be collected while in blossom, or a little after, on a fair, dry day, when the dew is off, and spread thin in the shade, or exposed to the sun; the former, however, is preferable, as by it they retain their natural hue. Herbs that are wanted for distilling, should be cut when the seeds are ripe, at which time they yield the most oil.

Barks from the bodies of trees should be peeled in the latter period of their running, which is commonly in July, as they are much thicker and stronger than when they first begin to run. They may be dried in the shade, or by the sun. The rough, outward bark, or ross, should be taken off when peeled. *Barks of Roots* should be collected early in the spring, or late in the fall, while the sap is in the root, and cured in the same manner.

Roots should be collected in the spring, before the tops begin to shoot forth, or in the autumn, after they are decayed. Those that are large and fleshy should be cut into strips or slices, and strung, after which they may be exposed to a moderate heat, so that they may dry gradually.

After the *barks, roots, and herbs* are thoroughly dried, they should be kept close from the air; also, when pulverized; particularly, those that possess an aromatic quality.

The doses of medicine recommended for an adult, may be varied to the age of the patient according to the following rule. Two-thirds of the dose for a person from fourteen to sixteen; one half from seven to ten; one third from four to six; one fourth, to one of three years old, and one eighth, to one of a year old.

In the recipes or prescriptions, where it is not convenient to obtain all the articles specified, others, of the same nature, may be substituted; or, they may be added to the composition. If neither the deficient article nor a substitute can be readily obtained, both may be dispensed with.

Decoctions, Infusions and Syrups.

The difference between *decoctions and infusions* consists only in the mode of extracting the qualities of various substances, by the use of water more or less heated.

Decoctions are made with boiling water, over a heat which produces evaporation. In this way substances are decomposed while their medical

properties are extracted, and their volatile or aromatic virtues are dissipated. By this process, the peculiar properties of many plants may be wasted, and the preparation rendered less efficacious, than if made by infusion.

Infusions or teas are made by pouring water, either hot or cold, upon the substance after being bruised, and steeping it a proper time in a covered vessel, before it be poured or strained off for use. When any articles possessing volatile qualities are to be used in syrups or decoctions, they should be added when the boiling of the other articles is nearly finished.

Syrups differ from *decoctions* only, in the addition of sweetening and spirits, by which they become more palatable, and will keep longer without fermentation.

It should be recollected that the efficacy of medicine depends much on its freshness and purity; and that any alteration made by fermentation, or freezing, renders them not only useless, but very hurtful. The water used in preparing medicine, should be soft and pure.—Snow water is purest, and much to be preferred. Next to this, is distilled, or rain water, and last ly, spring water, when no better can be had.

Syrups are generally prepared in earthen vessels covered tight, with a paste or crust, and baked in an oven. The quantity of spirits added may usually be about one fourth, or one third, of the whole quantity, when prepared, and the sweetening should be sufficient to render it palatable.

IMPORTANCE

OF THE

STEAM OR VAPOR BATH.

"On the continent," says Dr. Combe, "the vapor and hot air baths are had recourse to, both as a means of health and in the cure of disease, to an infinitely greater extent than they are in this country. Their use is attended by the very best effects, particularly in chronic ailments, and there can be no question that their action is chiefly on the skin, and through its medium on the nervous system. As a means of determining to the surface, promoting cutaneous exhalation, and equalizing the circulation, they are second to no remedy now in use; and consequently, in a variety of affections which the encouragement of these processes is calculated to relieve, they may be employed with every prospect of advantage. The prevalent fear of catching cold, which deters many from using the steam or vapor bath, is founded upon a false analogy between its effects and those of profuse perspiration from exercise or illness. The latter weakens the body, and by diminishing the power of reaction, renders it susceptible of injury from sudden changes of temperature. But the effect of the vapor bath, properly administered, is very different. When not too warm or too long continued, it increases instead of diminishing the strength, and by exciting the vital action of the skin, gives rise to a power of reaction which en-

ables it to *resist cold better than before.* This I have heard many patients remark; and the fact is well exemplified in Russia and the north of Europe, where, in the depth of winter, it is not uncommon for the natives to rush out of a vapor bath and *roll themselves in the snow*, and be refreshed by so doing; whereas, were they to attempt such a practice after severe perspiration from exercise, they would inevitably suffer. It is the previous stimulus given to the skin by the vapor bath which is the real safeguard against the coldness of the snow.

"Common experience affords another illustration of the same principle. If, in a cold winter day, we chance to sit for sometime in a room imperfectly warmed, and feel in consequence a sensation of chilness over the body, we are much more likely to catch cold on going out, than if we had been sitting in a room comfortably warm. In the latter case, the cutaneous circulation and nervous action go on vigorously; heat is freely generated, and the vital action of the skin is in its full force. The change to a lower temperature, if accompanied with exercise to keep up this vitality, is then felt to be bracing and stimulating rather than disagreeable. But it is widely different when the surface is already chilled before going out. The vitality of the skin being diminished, reaction cannot follow additional exposure; the circulation leaves the surface, and becomes still more internal; and if weakness exists in the throat or chest, cold is the almost certain result. *Many suffer from ignorance* of this *principle.*

"The steam or vapor bath is thus calculated to be extensively useful, both as a preservative and as a remedial agent. Many a cold and many a rheumatic attack, arising from checked perspiration or long exposure to the weather, might be nipped in the bud by its timely use. In chronic affections, not only of the skin itself, but of the internal organs with which the skin sympathises most closely, as the stomach and intestines, the judicious use of the vapor bath is productive of great relief. Even in chronic pulmonary complaints, it is, according to the continental physicians, not only safe, but very serviceable; particularly in those affections of the mucous membrane which resemble consumption in so many of their symptoms.

"It happens occasionally, either from some peculiarity of constitution, or from some unusual condition of the skin, indicated by great dryness and a liability to erysipelatous and scaly eruptions, that the moisture of the water or vapor bath is at first rather prejudicial and unpleasant, and becomes grateful only in proportion as the skin regains its healthy state.

"Although the preceding remarks apply specially to the skin considered as an *exhalant*, yet most of them are equally applicable to it when viewed as the seat of an important nervous function. For so intimately are all the parts of the frame connected with each other, that what is really good for one, rarely if ever fails to be beneficial to the rest. Thus, while exercise, adequate clothing, the bath, friction, and cleanliness

are very efficacious in promoting insensible perspiration, and equalizing the circulation, they are almost equally influential in promoting the vital action of the innumerable nervous filaments ramified on the skin, and the tone of which is as essential as that of the blood vessels to the proper discharge of the functions of the skin. In the large and afflicting class of nervous and mental diseases, attention to the skin becomes therefore almost a *sine qua non* of successful treatment. As a preservative, too, it is influential. In most nervous ailments, languor and inaction of the skin show themselves simultaneously with the earliest dawn of mental uneasiness, and often attract notice before the morbid feelings of the mind have acquired either permanence or strength. At this early period, the use of the bath will frequently prove very efficacious in restoring health.

"The writer of these remarks has, unfortunately for himself, had extensive experience, in his own person, of the connexion between the state of the skin and the health of the *lungs*; and can therefore speak with some confidence as to the accuracy of his observations, and the benefit to be derived from attending to the condition of the skin in chronic pulmonary complaints. Many affections of a consumptive character are preceded or begin by a deficiency of vital action in the skin and extremities, and a consequent feeling of coldness in the feet, and on the surface, and susceptibility of catarrhal affections from comparatively inadequate causes, often long before

any pressing symptom, directly connected with the state of the lungs, occurs to attract notice. In this state, means systematically directed to restoring the cutaneous circulation will frequently be successful in warding off consumption."

Thus far we have given the opinion of Dr. Combe upon steaming, or the use of the vapor bath. Other modern writers among the regular faculty confess its great utility. In perusing the pages of the 'Moral Reformer,' edited by Dr. Alcott, we find the following remarks upon the subject:—

"The vapor bath is the best means of introducing medicine into the system, and next to this, the warm or hot bath. Medicine in cold water has very little effect, except to render it somewhat more stimulating. On this point, I cannot help adverting to the most unreasonable and ill-founded prejudice in the public mind, even to some extent among physicians, against the vapor bath, or *steaming*, as it is called. Now I am no disciple of Thomson, but I do not hesitate to say that it is high time for physicians every where to derive valuable hints from the labors, and the success too, of some of those who are. In France, this matter is gaining the attention of scientific men; and among us *they* will not be entitled to the name of scientific men who shall much longer overlook it."

Here it is acknowledged that Thomsonian practitioners use steaming successfully, so much so, that it is time for the regular physicians to be taking the hint, and derive some benefit in the

use of it among the sick. But will they be likely to do this? Are not their feelings prejudiced against steaming? And all this because it first came into use in this region among steam doctors, cayenne pepper doctors, lobelia doctors, ay, quack doctors, as they are vulgarly called. Hear the confession thus indited in Dr. Alcott's 'Moral Reformer.'

"The enquiry, why means so simple and efficacious for preserving and restoring health are so frequently disregarded by physicians of our country, might bring us to results humiliating to our common nature. The Boston Medical Intelligencer, speaking of the vapor medicated shampoo baths in use among the Hindoos, acknowledges their utility in curing disease, but treats them as 'too troublesome' for use. But I fear, that another reason for their neglect must be acknowledged. It is well known, that they first came into notoriety in this country in connection with the name of a noted empiric, (we suppose he alludes to Thomson,) with which they are still intimately associated in the public mind. They who had not particularly observed with what obstinacy scientific and professional pride ever relucts against the appearance of being indebted for any thing to the uninitiated, would hardly credit the weight of this consideration in the present instance. But it is unworthy the age—an age, in which it is so generally understood, that we are indebted for the most important suggestions and improvements to self-taught men; and that a privileged body lies un-

der a vast disadvantage for originating any thing important to the public welfare:—an age in which other professions have been subjected to a pretty thorough public scrutiny, and have been obliged to confess, that they owe to this scrutiny their advancement beyond the barbarism and superstition of the dark ages. Why should any profession hesitate to acknowledge, that, as men, they are governed by principles which are common to man?

"I make these remarks with no other than friendly feelings towards those to whom they particularly relate. But I wish to see literary and scientific men ready to acknowledge that an illiterate and self-taught man might have anticipated them in getting hold of a thing of importance. After learning something of the functions of the skin, and the reputation in which the means of operating upon it, such as the vapor bath and friction, are held almost throughout the eastern continent, I see nothing unaccountable in the fact, that Thomson and his disciples should often succeed in curing diseases, where scientific practice has failed; notwithstanding they seem to think it necessary to use lobelia, cayenne, and hot drops, in almost every case."

These remarks need but little comment from us; for we have long been aware of the true cause of the opposition and prejudice of the regular faculty, not only against *steaming*, but every branch of botanic practice. It is not because botanic practitioners are not able to cure where the scientific practitioner cannot; but because

the remedies of the former were first discovered and first applied by self-taught men. However, as the case now stands, the faculty are adopting the botanic practice in a measure, by using rather privately to be sure, lobelia, cayenne, &c. and some few of them in fact, have relinquished the old practice altogether, and adopted the new, as the only safe expedient. This they must all eventually do, if they wish to administer to the sick; for the people will crowd hard behind, and though they may kick against *their* will, yet 'go ahead' they must, so long as they place themselves in the front rank. This has been the fate of the obstinate in all public reformations, and the faculty will have to submit to it, or step out of the ranks entirely, ere long. Depend upon it.

Those who wish to be steamed at their houses, and do not own a proper machine for the purpose, may go according to the following directions. Take stones of various sizes, heat them red hot, take the smallest first, put it into a pan or kettle of hot water, with the stone about half immersed. The patient must be undressed, and enclosed with a blanket, so as to be shielded from the cold air, and then be placed over the steam, changing the stones as often as they grow cool, so as to keep up a lively steam; if faint, throw a little cold water on the face and stomach. In about fifteen or twenty minutes the patient must be washed all over with cold water or spirit, and be put in bed, or dressed, as circumstances permit. Before taking the bath, a tea of

mayweed, or summer-savory, or ginger and hot water sweetened, may be given, to raise the inward heat at the same time. The composition powders cannot be given amiss.

To steam small children, the best way is to let them sit in the lap of a person, covered with a blanket, having a hot stone in a convenient place, putting on a little vinegar; or it may be done in bed with a hot stone, wrapped in cloths wet with water, putting on a little vinegar at the same time. If the child appears languid and faint, the outward heat is high enough; put a little cold water on the face and breast, which will restore the strength, then rub them with a cloth wet with vinegar, spirit, or cold water, put on clean clothes, and put it in bed, or let it sit up as its strength will permit. Be sure to give the child drink often, while steaming; if this is not done, it will suffer much, as it cannot ask for it.

A steaming apparatus may be constructed on the following plan. Build a small box two feet long at the base, as high up as the knee joint, above that gently sloping up to the height of six feet six inches, and to the length of twelve inches at the top, and about eighteen inches in width from the bottom to the top, then let the front of the box be enclosed within two strips of baize flannel, with hooks on it, which may be hooked up as far as the neck, letting the head remain outside through the two pieces of baize, while steaming the patient. Let the box be covered with a board having a great many small gimlet holes in it, so that when the patient has

been steamed sufficiently, the steam pipe may be taken away, and a pitcher of cold water be thrown upon the top of the box. The patient having stripped off all his clothes before entering the box, will be washed off by the operation, and must then be rubbed with a coarse dry towel, and be dressed with clean clothes. The steam is to be conveyed into the box through a hole made in the bottom. The pipe should be about one inch in diameter, leading to the engine, which may be easily constructed with a thermometer attached thereto; or which may answer a very good purpose, set a tea-kettle filled with water to the spout and no higher, upon a small furnace of charcoal, closing the lid tight with a cloth, the spout being fitted to the pipe. In the centre of the box must be placed a seat for such patients as are too weak to stand up during the steaming operation.

OBSERVATIONS

ON THE MEDICAL TREATMENT OF GENERAL WASHINGTON'S LAST ILLNESS, BY JOHN REID, M. D. PHYSICIAN TO THE FINSBURY DISPENSARY, AND PROFESSOR OF THE THEORY AND PRACTICE OF PHYSIC.

In reading the official report of the death of General Washington, as stated in the newspapers, &c. I should imagine there were few medical persons who did not feel astonishment at the extraordinary manner in which that great man was treated by his physicians, during his last and fatal indisposition.

Some time in the night of the 13th of December, it is said, the General was seized by a disease called the *cynanche trachealis*, (croup).

During the same night he sent for a bleeder, who took from him twelve or fourteen ounces of blood.

Next morning a physician was sent for, who arrived at Mount Vernon, at 11 o'clock, when imagining danger in the case, he advised the calling of two consulting physicians.

In the interval, however, he thought proper to employ, in spite of the twelve ounces that had already been expended, two copious bleedings. Now when we consider that these are called *copious*, and the other is not noticed as such, and all the indifference with which a future *most copious* bleeding is afterwards mentioned, we may

presume that each of these was twenty-five or twenty ounces at least.

After this, 'two moderate doses of calomel were administered.' I know not exactly what an American moderate dose of calomel may be, but if it is, (as it may fairly be presumed to be) in proportion to the bleedings, we may conclude that it was at least very considerable.

Upon the arrival of the first consulting physician, it was agreed that as there were no signs of accumulation in the bronchial vessels of the lungs they should try another bleeding.

Now, this appears to be perfectly inexplicable. As there were at present, no signs of accumulation in the bronchial vessels of the lungs, they were driven to another bleeding. Hence it will be seen, that this last bleeding was to produce an accumulation in the bronchial vessels of the lungs. There was great difficulty of breathing, great inflammation; but as there was as yet no accumulation in the lungs, they were determined to induce that also; and as a likely means of inducing it, had recourse to the most extravagant effusion of blood. This is not an unfair interpretation of their words; but it could not have been their real meaning; their real meaning, it is impossible to discover. In addition to all their previous venesections, thirty-two ounces are now drawn! The medical reader will not be surprised to find that this was unattended by any apparent alleviation of the disease.

In the next place, vapors of vinegar and water are frequently inhaled. Two doses of calomel

were already given, but this is not deemed sufficient, ten grains of calomel are added; nor is even this sufficient. Repeated doses of emetic tartar, amounting in all to five or six grains, are now administered. It is said, the powers of life now seemed to yield to the force of the disorder. To many, it may appear that the yielding of the vital principle, in these circumstances, was not altogether owing to the force of the disorder.

The patient, lying in this feeble, and nearly exhausted state, is to be still farther tormented. Blisters were next applied to his extremities, together with a cataplasm of bran and vinegar to his throat.

It is observed that speaking, which was painful from the beginning, now became scarcely practicable. When we reflect upon the extreme weakness, to which the patient must, by this time, have been reduced, and that he had both a blister and cataplasm of bran and vinegar to his throat, can we wonder that speaking would be scarcely practicable, and that breathing became more and more contracted and imperfect, until after eleven o'clock on Saturday night, when he expired without a struggle.

Think of a man being within the brief space of little more than twelve hours, deprived of 80 or 90 ounces of blood; afterwards swallowing two *moderate* American doses of calomel, which were accompanied by an injection; then five grains of calomel and five or six grains of emetic tartar; vapors of vinegar and water frequently inhaled; blisters applied to his extremities: a

cataplasm of bran and vinegar applied to his throat, upon which a blister had already been fixed; is it surprising that when thus treated, the afflicted General, after various ineffectual struggles for utterance, at length articulated a desire that he might be allowed to die without interruption?

To have resisted the fatal operation of such Herculean remedies, one should imagine that this venerable old man ought at least to have attained the vigor of his earliest youth.

IGNORANT APOTHECARIES.

The following remarks are from the pen of Dr. Allcut, a regular physician, of Boston.

"Do we not often see ignorant and vicious men in the apothecary shops of this country, dealing out *death and destruction* to their fellow citizens? In the first place, what has been their *preparation* for this business? Have they a knowledge of the language in which most of the articles in the shops are labelled? So far are they from a knowledge of the Latin, many have scarcely a knowledge of their own native language. That a man is able to hold up his head, and put back his shoulders, make a bow, dance, and fiddle is not sufficient. That he is able to sell nostrums, *Chambers'*, *Parker & Swain's*, is not enough either, *Physicians* make mistakes enough, the best of them.

But how often has the faithful physician been pained to find his patient worse, unexpectedly, when upon examination he finds out the cause in the error or misconduct of his apothecary!

"Perhaps he had ordered *digitalis* or *valerian*. The apothecary not knowing that they ought to be kept from the air—or not caring—had suffered them to lose half their strength, by being kept in tin boxes. No wonder the recipe should fail! There is a difference between the whole of a thing and a half; especially when the patient lies poised between time and eternity. Or the doctor orders a dose of *calomel*, and the careless apothecary blunders out *arsenic*, or *sugar of lead!* (*horrible indeed.*)

"Or to make his medicines hold out well, perhaps he adulterates them with flour, or some other harmless substance. For, after all, patients are not so *often killed*(!) by abundant, as by insufficient doses. Some apothecaries, being indifferent judges of the quality of medicine buy those of *inferior* strength, or such as have already been adulterated. *These are a few only* of the evils which result to the community either from the ignorance or design of apothecaries."

"I would not have touched this subject had I not been fully convinced that it needed investigation. Reform in it is deeply and indispensably necessary. How, or where to strike, I will not attempt to say. But the evil exists, and *ought to be remedied somehow.* Only let the public sentiment be roused to this subject, and the thing will work its way right."

"Look at Berlin, the capital of Prussia, with her 250,000 inhabitants, and *twenty-eight* apothecaries; and then at Boston, with about one-fourth as great a population, and *thirty-eight* apothecaries or druggists, or about five times as many in proportion to the number of the inhabitants as in the Prussian capital. Whence this disparity? Is there five times as much disease here as in Berlin? Or do we use five times as much medicine in Boston, in proportion to the disease? Or are the facilities for pursuing the employment five times greater?

"The two last questions, no doubt, suggest the reason why druggists are so numerous with us. Every man who can learn to read an ordinary medical prescription, which by the way is not an easy task—and compare it with the labels of his boxes, and shelves, and jars, thinks himself abundantly qualified to become an apothecary! *No matter how many lives are destroyed by his influence*, so he gains a livelihood by his unrighteous—because unstudied—traffic. And though the term *quackery* may by many be deemed inapplicable here, we know of none so appropriate. It is certainly nothing short of the grossest empiricism to deal in substances of whose nature we know so little; to say nothing of the common practice among druggists and apothecaries of making and vending a thousand nostrums; a practice which we shall endeavor to expose faithfully at another time.'

It is astonishing how many persons are still to be found who are ready to risk their lives

upon the mistakes of apothecaries. Here it is acknowledged, by a regular doctor, that ignorant men are to be found dealing out *death and destruction* to their fellow beings, and that the physician often finds his patient worse by the apothecary's putting up the wrong medicine.—Many lives are thus lost from ignorance or carelessness. Dr. Allcut thinks something should be done to put a stop to the evil, but how or where to strike, he will not attempt to say. We think he had better strike at the *root* of the evil, and prohibit the use of such *deadly drugs* altogether; for physicians themselves make many mistakes, the best of them, and there is no other general remedy but to abandon the practice, and substitute that which is safe and salutary for the people.

CLEANLINESS.

The notion entertained by many persons, that 'dirt is healthy,' probably originated from the fact, that those children who are allowed to play in the dirt are often as healthy, and perhaps more so, than those who are confined to the nursery or parlor. But although this may be the case, yet if the former class were kept more cleanly, or at least, more frequently washed, they might be still more vigorous than they now are. It is not dirt which promotes their health, but their active exercise in the open air. This is more than sufficient to compensate for the injury

sustained from the dirt. There is, however, something deceitful, after all, in the ruddy appearance of these children who are left to play in the road or field, without attention to cleanliness; for they actually suffer more, not only from chronic, but from acute diseases, than children whose parents are in better circumstances. We would combat a belief in the salutary tendency of an unclean skin, because we know from reason and from fact that it is an error. Every portion of the skin is pierced with little holes, which serve as outlets for the fluid of perspiration. They are so numerous that we cannot touch the skin with the finest needle, without hitting one of these openings. While a person is in health, there is not a moment, sleeping or waking, in which this fluid, in the form of vapor or mist, is not escaping from the whole surface of our bodies, unless the mouths of these little vessels are blocked up. Now, can these be closed with filth for any length of time, and the subject remain uninjured? It is true, that years may pass away before the evil consequences appear. The offices of the skin being interrupted, an increase of action is imposed on other parts, particularly the glands, which action is apt to settle into obstinate disease. Hence in later life, scrofula, rheumatism, jaundice, and even consumption, often arise after the evil which first gave rise to them is forgotten, if it were ever suspected.

There is another strange notion abroad—that the smell of the earth is beneficial, especially to

consumptive persons. But is it not more likely to create consumption than to cure it? No gases necessary to health are evolved during the decomposition of vegetable matter, but on the contrary, many of them tend to induce disease; and the earths, with their compounds, rarely emit any odor, unless mixed with vegetable matter. An uncleanly habit is not only unfavorable to health, but to morality. He who neglects his person and dress, will be found lower in the scale of morals, other things being equal, than he who pays a due regard to cleanliness. He who is most guilty of personal neglect, will generally be found the most ignorant and the most vicious. I am well acquainted with one whole family, who neglect their persons *from principle.* They are a sort of *new lights* in religious concerns, and hold that the true Christian should 'slight the hovel as beneath his care.'—But there is a want of intelligence, and even of common refinement in the family, that certainly does not, and *cannot* add much to their own happiness or recommend religion, aside from the fact, that it greatly annoys their neighbors.—We would not recommend any degree of fastidiousness upon the subject, for truth and correct practice usually lie between extremes. But we do and must insist that the connection between cleanliness of body and purity of moral character, is much more close and direct than has usually been supposed.

PERNICIOUS EFFECTS OF MERCURY.

To guard the public against the evils and often fatal consequences of using this dangerous article as medicine, is an object of the greatest solicitude on our part, and will at all times be attended to in our labors to give correct information on the subject of curing disease, or preventing what is a greater evil than the disease itself, the consequences that arise from such a dangerous practice. The following extracts are taken from the writings of James Hamilton, M. D. Fellow of the Royal College of Physicians, and Professor of Midwifery in the University of Edinburg.

"Among the numerous poisons which have been used for the cure or alleviation of diseases, there are few which possess more active, and of course more dangerous powers than *mercury*.—Even the simplest and mildest forms of that material exert a most extensive influence over the human frame, and many of its chemical preparations are so deleterious, that in the smallest doses they speedily destroy life.

"Practitioners of the first respectability prescribe, on every trifling occasion, calomel or the blue pill. Thus calomel is now almost the universal opening medicine recommended for infants and children, and a course of the blue pill, (which is one of the mildest preparations of mercury) is advised, without any discrimination, for the cure of trifling irregularities of digestion in grown persons.

"Dr. Falconar of Bath, in a paper inserted in the first volume of the Transactions of the Medical Society of London, dated May, 1809,) has in strong language reprobated this practice, and has pointed out many of the dangerous effects of the indiscriminate use of mercury. His warning voice, however, has not been listened to; for the employment of mercurial medicines has, for several years, become more and more extensive.

"In detailing the changes produced upon the system by preparations of mercury, it is necessary to premise the well known fact, that there are some individuals on whom such medicines, though continued for a considerable length of time, have little or no perceptible influence, unless the activity of their form or the magnitude of their dose, be calculated to excite immediate effects. For example, whatever the constitution of the person may be, a very few grains of mercury given in substance, prove rapidly fatal, and large doses of the submuriate are quickly followed by vomiting and purging. On the other hand, instances of constitutions which are unsusceptible of the influence of the ordinary doses and preparations of mercury, are very few in comparison with those which are affected by the smallest quantity of that mineral.

"Preparations of mercury, exhibited either internally or externally for any length of time, increase in general the action of the heart and arteries, and produce salivation, followed by emaciation and debility, with an extremely irritable state of the whole system.

"These effects of mercury are expressly mentioned, or virtually admitted, by every author, ancient and modern, who has directed its use; and it must appear very extraordinary, that their full influence should have been misunderstood, or at least not sufficiently regarded.

"The first effect enumerated, is an increased action of the heart and arteries, that is, a more than usually rapid circulation of the blood through every part of the body. This also occurs in feverish and inflammatory disorders, and in all is accompanied with an augmentation of the animal heat. But in feverish disorders there is neither any apparent change upon the sensible qualities of the blood, nor any unusual flow of the ordinary secretions; while in inflammatory affections, the sensible qualities of the blood are materially altered, and either some of the secretions are furnished in greater abundance, or topical congestions, that is, obstructions in the vessels of particular parts, take place.

"Accelerated circulation of the blood in consequence of the use of mercury is attended with the most obvious of the circumstances which arise from inflammation. Blood drawn from the arm of the most delicate and debilitated individual, subjected to a course of mercurial medicines, exhibits the same buffy crust with blood drawn from a person laboring under pleurisy, and the secretions from the skin or from the kidneys are greatly increased.

'Reasoning upon the subject, it might be concluded, that if there be an inordinate action of

the heart and arteries, attended with an altered state of the blood and with debility, while the increased secretions accompanying this inordinate action, have no tendency to allay it, the health must be rapidly undermined; and if there be ulcerations in any part of the body, they must as certainly degenerate into malignant sores, as blistered surfaces or scarifications mortify in cases where the living powers are much exhausted.

"Experience has proved the reality of such conclusions, but prejudice and inaccurate observation led many practitioners of deserved reputation to attribute those effects of mercury to other causes, till Mr. Mathias published his valuable remarks on what he terms the mercurial disease.

"I might cite all writers on the Materia Medica," Doctor Falconar says, "for authorities that the long continued and frequent use of mercury is not free from danger; that among other ill effects, it tends to produce tumors and paralysis, and not unfrequently incurable mania. I have myself seen repeatedly, from this cause, a kind of approximation to these maladies, that embittered life to such a degree, with a shocking depression of spirits, and other nervous agitations with which it was accompanied, as to make it more than commonly probable, that many of the suicides which disgrace our country, were occasioned by the intolerable feelings that result from such a state of the nervous system. To the truth of these remarks every un-

prejudiced physician who has been in extensive practice must bear testimony.

"Such are the ordinary and well known effects of mercury when given in sufficient quantity to act upon the human body—but in many cases other deviations from health ensue.

"Of those, the most common are excessive diarrhoea, accompanied often with discharges of blood from the bowels. This is so apt to occur in some individuals, even though the mercury be administered by being rubbed upon the surface, that every writer upon lues venerea has mentioned this effect as one of the great obstacles to the cure of the disease.

"The random experiments of speculative physicians upon patients laboring under scrofulous affections have proved, that in some cases ulcerations of the soft parts, and caries of the bones, originally arising from ill conditioned states of the system, are much accelerated in their progress by mercurial medicines. Of this many melancholy examples might be cited A boy about eleven years old had a sore on one cheek, with an affection of the jaw, which were attributed to the mismanagement of a dentist in extracting a carious tooth. A physician was consulted, (after the patient had suffered for some months) who immediately prescribed a regular and full course of mercury. In a short time ulcerations in the throat appeared, the nose sunk, and one of the eyes was nearly destroyed, while the general health became so seriously injured that death followed in a few

months. Can it be for a moment doubted, that all those morbid changes proceeded from inflammatory action of the mercury.

"Mental derangement, with eventual fatuity, has sometimes followed a course of mercury; and the probable reason why it does not do so more frequently, is, that the irritable state of mind which usually precedes actual derangement, commonly alarms the attendants, and leads to active precautionary measures.

"These morbid effects of mercury do not seem to depend entirely upon the quantity or mode of preparation of that medicine which may be administered to the individual, for while it is an established fact, that the mildest preparations employed externally, if exhibited in too large doses, or continued for too great a length of time, are followed by some of the bad effects above enumerated, it is also notorious that very small quantities of mercury have suddenly proved equally injurious. Thus, in a lady (whom the author attended some years ago along with his intelligent friend Dr. Farquharson,) who had such small doses of the blue pill, combined with opium, for three nights successively, that the whole quantity amounted to no more than five grains of the mass, salivation began on the fifth day, and notwithstanding every attention, the tongue and gums became swelled to an enormous degree, bleeding ulcers of the mouth and fauces took place, and such excessive irritability and debility followed, that for nearly a whole month her life was in the ut-

most jeopardy. Every practitioner must have met with similar cases.

"Many other instances of violent effects from a small dose of mercury might be cited.

"It is universally acknowledged, that although the morbid effects of mercury may be induced very suddenly, and by very small quantities of medicine, in certain constitutions, there are no marks by which such peculiarities of habit can be distinguished, and there is no method of arresting their progress."

FASHIONABLE MEDICAL PRACTICE.

BY A GENTLEMAN OF CONNECTICUT.

Having gained a little knowledge of the new system of practice, introduced by Dr. Samuel Thomson, from some of my friends, and believing it to be more consistent with reason and common sense than that of what I have seen of the more fashionable doctors, has led me to reflect much upon an occurrence which has lately taken place in the town in which I reside, the particulars of which I will relate, as well as I can recollect them.

In the first place it will be necessary to state, that we had in our town what is called an old fashioned doctor, who had been brought up among us, whose skill had never been doubted, and had always given satisfaction, till two years ago, there came and settled among us, a young doctor, who had been educated in New Jersey. He had diplomas and recommendations from medical colleges, was dressed in the most fashionable style, wore a ruffled shirt, rode

in his carriage, was remarkably polite, and in fact there was nothing like the new doctor. The consequence was that he was sent for by all who wanted to be thought fashionable, whether needed or not; and our old doctor was entirely neglected. It seemed to be thought that a sort of disgrace was attached to those who employed him; for he made use of nothing but simple means to cure the sick, dressed no better than other people, rode on horseback, and when not employed in practice, worked on his farm.

These things went on for some time without any thing taking place that was thought of consequence, except at the end of the year there were some pretty heavy doctor's bills to pay; but as it was for being doctored in a fashionable style, not much was said about it. During last season, we were visited in our town and vicinity by an epidemic disease, which has been called by different names by the doctors, to wit, typhus fever, bilious fever, and by some spotted fever, such as has prevailed in many parts of the New England States for many years past. The new doctor was sent for, and went to work with his calomel, opium, bleeding and blistering. He made but short work of it; for his patients died off rapidly, and in fact, scarce one that he attended survived. This caused much anxiety among the people, who began to think that there was something wrong in the new practice, and on reflection thought that they should rather be cured by the old doctor, than die under the care of the new one, let the practice be ever so fashionable. The consequence was that the old doctor was sent for, who went to work with his old-fashioned mode of treatment, depending on his own experience, and the knowledge he had of the constitutions and habits of the people; when, in a short time, the sickness abated, and all cause of alarm seemed to be at an end.

Not long after this, I happened to meet the young

doctor at a public meeting in the village, and feeling something anxious to know his feelings and opinions upon the subject, took the liberty to question him as to the cause of the remarkably bad success he had met with in his practice. He said he could not account for it—the disease seemed to be of a very peculiar type; for with all the remedies he had any knowledge of, he had not been able to make the disorder yield to medicine. That in his practice, he had gone precisely by the directions laid down in the books. I expressed some doubts of the propriety of persevering in a course, because it is in books, when we find by experience that it kills the patient, instead of curing him. He said he knew of no other way. I then told him that the reason he had given reminded me of an affair that happened when I was a boy, which I related as follows.

During the revolutionary war, the different towns in our state were called on to furnish recruits for the army as occasion might require; and it was a custom when they were ready to march, to go into the meeting house with their friends, and have prayers offered up to the Almighty for their prosperity and safe return. It so happened on a certain occasion, that there was no clergyman present; and a very old gentleman, of the Episcopalian order, was from necessity requested to officiate, though he was suspected to be a little tinctured with toryism. The old man selected from the Book of Common Prayer what he thought proper on the occasion, which he read, and all went on very well, till it came to that which was for the royal family, praying that the life of the king might be preserved, and all his enemies destroyed, &c. when the people became outrageous, and beat him severely. As soon as he could get a chance to vindicate himself, he told them that the fault was not his, for he had read it exactly as it was in the book.

HOW TO GET DYSPEPSIA.

Watch the stomach narrowly, after every meal.—Do n't be guided in your observations by any fixed principles. If after eating brown bread, for example, you chance to feel a little uneasiness, do not stop to enquire carefully whether the bread or some thing else which you have taken is the cause, but denounce it at once, and try some other kind. If any one should remind you that the testimony of human experience is against your decision, do not heed it. How foolish it would be for you, to let such evidence outweigh your own experience—even though the latter should be but one hour in duration.

Abandon ardent spirits, but reward yourself for your self-denial by drinking wine, cider, ale, coffee, tea, &c. in large quantities.

Abandon animal food, but make up for your abstinence in regard to *quality*, by a great increase of *quantity*. Be sure to eat two pounds of nutritious bread a day—always hot—besides other things answerable thereto; say half a pound of butter, a quarter of a pound of cheese, two pounds mince pie, a peck of potatoes, five or six pickles, and a good sized cabbage. Take special care to have your *hot bread swim in butter*; and though you refuse meat, glut yourself with broth, twice a day, well-seasoned with spices of all sorts. At the same time, be very sparing of exercise. If you use any exercise at all, get into an easy carriage, and let it be closed so tight that not a breath of air or a drop of water can penetrate it. If at any time you should be so *vulgar* as to *walk*, always wrap up well, and take care not to swing your arms. To secure the latter purpose, either wrap up in a cloak, so as to appear like a mummy, or carry an umbrella; but the former is preferable.

Be very axious about the rise and fall of stocks and other property; keep yourself in such a continual worry, that you have neither time nor inclination to eat, drink, or sleep, in a proper manner. If you are a student, sit at your books till twelve or one o'clock at night, then eat a hearty supper, and go directly to bed, and be sure to dose in a bag of heated feathers until eight the next morning. If all these directions fail to make you a thorough dyspeptic, then there is no virtue in prescriptions as herein indited, which we believe is contrary to all experience, where they have been faithfully and perseveringly tried.

FEVER.

Are Fevers treated in a proper manner by what are called '*Regular Doctors*?' Do they treat them so as to remove the cause? The common treatment is this:—Bleed, blister, give emetics and cathartics, nitre, and cooling things, and keep them from eating if they are hungry, and from drinking if thirsty.

What is the effect of all this?

One says, I had a fever and was attended by a Regular Doctor; but ever since my eyes have been very weak. Another, I had a fever, and ever since have been quite hard of hearing. Another, I had a fever, and it turned to a sore, called a fever sore, and ever since have been a cripple. Another, I had a fever and ever since have been subject to a violent pain in the head. Another, I had a fever and the doctor gave me *mercury*, and ever since I have had a pain in my stomach or side; my countenance pale, my feet and hands cold in warm weather. Is this taking away the cause of the fever? Can this be called curing the sick person? No. It is nothing more than shifting the difficulty from one part to an-

other. The doctors consider a person in a fever to have too much heat and therefore give cooling things.

Is not this inconsistent? A person will tell you—he took a violent cold, which caused a fever. Is it reasonable to suppose that in taking this violent cold the quantity of heat is increased—the cold gets the power over the heat, and throws it upon the surface of the body, and every cold mineral that is administered, increases the cold, protracts the disease, and at last settles down in one spot, attracts the cold from other parts, and there remains a torment to all future life, if not removed.

There is no other way to cure a fever, but to increase the heat, drive out the cold, open the pores, clear the stomach and bowels, and bring a proper balance in the system; then the patient is in health, with no torment left behind.

CATALOGUE

OF

BOTANICAL MEDICINES,

Prepared and sold wholesale and retail, by

N. S. MAGOUN,

AT THE THOMSONIAN BOTANIC INFIRMARY,

NO. 554, WASHINGTON STREET,

Opposite the Worcester Rail Road Office,

Alder buds,
Alder bark, black,
Angelica seed,
do. root,
Ash bark, prickly,
Avens root,
Archangel root,
Bayberry bark, crude,
do. do. ground,
do. do. pulv.
Bugle herb,
Bittersweet herb,
do. ointment,
Blackberry root,
Buckbean,
Burdock root,
do. leaves,
Butternut, ext.
Bitterroot, crude,
do. pulv.
Beth root,
Birch Bark,
Blood Root, crude,
do. pulv.
Bitters, Vegetable,
do. Wine.
Cresses, Water,
Cherry Bark,
Cloves, ground,
Compoition powders,

Caraway seed,
Cardus spotted,
Catnip,
Camomile, low,
Cayenne,
Cicely sweet,
Clary,
Cleavers,
Cohosh, black,
do. red,
do. white,
Coltsfoot,
Comfrey root,
Coriander seed,
Cow-parsnip, ext.
do. herb,
do. seed,
Cranesbill,
Culver's or Brinten
Celandine, [root,
Dandelion herb,
do. root,
do. ext.,
Dock, yellow, root,
do. water, do.
do. broad leafed,
Devil's bit,
Elder flowers,
do. berries,
Elder syrup,
do. dwarf root,
Elecampane root,
do. ground,
do. fine,
Elm Slippery,
do. do. ground,
do. do. flour,
Feverfew,
Feverbush,
Feverroot,
Foxglove,
Flax seed,
do. ground,
Fleabane,
Frostwort,
Fern, sweet,
do. male,
Fennel seed,
Fir bark,
Fumatory,
Garget root, or Poke,
Goldenrod,
Goldenseal,
Goldthread,
Ground Ivy, or Gill over-ground,
Hemlock ground,
do. fine,

Hardback leaves,
do. ext.
Hop,
do. ext.
Hyssop,
Horehound,
Hollyhock flowers,
Horseradish leaves,
do. root,
Indian Hemp root,
John's wort,
Jerusalem Oak,
Larkspur seed,
Lemon Balm,
Life-everlasting,
Lily root, white,
do. yellow,
Lobelia herb,
do. pulv.
do. seed,
Lovage herb,
do. root,
Liverwort, Noble,
do. brook,
Maidenhair,
Mandrake root,
Mallows, marsh,
do. low,
Marigold flowers,
Mayweed,
Motherwort,
Mountainmint,
Mugwort,
Mullen,
Marsh Rosemary,
Mililot,
Mockerson root, or
Wild Valerian,
Poplar bark,
Parsley herb,
do. root,
Pennyroyal,
Peppermint,
Pleurisy root,
Poppy flowers,
do. leaves,
do. capsules,
Rue herb,
Rosewater,
Red balm flowers,
Roman wormwood,
Raspberry leaves,
Sage herb,
do. pulv.,
Sanicle root,
Sarsaparilla root,
do. ext.
Sassafras bark,

Saffron,
Scullcap herb,
Scabious,
Solomonseal root,
Sumac,
Savine,
Spignut root,
Sirup, Cholera,
do. Pulmonary,
do. Canker,
do. Buckthorn,
do. Female,
do. Alterative,
do. Butternut,
Snakehead,
Spikenard root,
Spearmint herb,
Skunkcabbage root,
Summer-Savory,
Sweet Marjoram,
do. do. pulv.,
Squaw weed,
Thorn-apple leaves,
do. root,
do. ext.
Thoroughwort,
Witch-hazle leaves,
White Oak Bark,
Wintergreen,
Wormwood, herb,
Umbil, crude,
do. pulv.
Unicorn root, pulv.

Errata.—The articles Foxglove and Jerusalem Oak were inserted by mistake in the preceding pages of this advertisement; these articles are not sold at the Thomsonian Infirmary.